

## School Newsletter

*(School name here)* is joining over 1,000 Michigan schools to be a part of ACES (All Children Exercising Simultaneously). Over 300,000 children from all over Michigan will be exercising on Wednesday, May 10 at 10 a.m.! ACES Day shows the importance of physical activity and that it's fun!

*(Include a paragraph here about your school's specific activity and how many participants you expect. Name any special guests that will attend.)*

ACES Day is sponsored by the Michigan Fitness Foundation and Farm Bureau Insurance of Michigan. They provide a free online ACES Took Kit for each school, along with stickers for each participant and an educational brochure on family opportunities for walking and biking in Michigan. These materials can be accessed at [michiganfitness.org/aces](http://michiganfitness.org/aces).

ACES is an important program because it shows children that physical activity can be fun. Sadly, an increasing percent of our nation's children are overweight, a risk factor for many chronic diseases including heart disease and Type 2 Diabetes. Getting children involved in regular physical activity (at least 30 minutes a day, most days of the week) can significantly lower that risk.

For more information about ACES or other programs of the Michigan Fitness Foundation, visit [michiganfitness.org](http://michiganfitness.org).

*(This is a good place to ask for parent or community volunteers to help on ACES Day)*