

Talking Points

- May 10, 2017: Over 300,000 students across Michigan will participate in ACES and Bike to School Day
- The goal is to celebrate and bring attention to the important role that physical activity should play in our lives, and how it can impact our lifelong health.
- Risk factors for many diseases can be lessened by regular physical activity (30 minutes a day, at least five times a week)
- An educational piece about family opportunities for walking and biking in Michigan will be sent home with each participating child
- ACES Day is sponsored by the Michigan Fitness Foundation and Farm Bureau Insurance of Michigan Fitness Foundation
- Michigan's ACES program has broken records every year for the number of participants in the state
- For more information, call the Michigan Fitness Foundation at 517-908-3835