



## The Connecticut Association for Health, Physical Education, Recreation and Dance

I would like to personally extend an invitation to your school to participate in the **29th anniversary** of Project A.C.E.S. (All Children Exercising Simultaneously) on May 3rd, 2017. Project A.C.E.S. has been held annually since 1989. At 10 a.m. on May 3rd, millions of students from all over the world will exercise together to promote proper health and fitness habits in what has been billed as “The World’s Largest Exercise Class”.

Participating in Project A.C.E.S. is also a great way to support SHAPE America’s “*50 Million Strong by 2029*” campaign. This initiative was established to ensure that by the time today's preschoolers graduate from high school in 2029, all of America's students are benefitting from the skills, knowledge, and opportunities to enjoy healthy, meaningful physical activity. Healthy kids learn better and Project A.C.E.S. is a great way to celebrate a balanced approach to educating children and preparing them for the future. Students are given an opportunity to demonstrate their commitment to a healthy and active lifestyle through their participation in this event.

Each school has an opportunity to plan its own activity. Suggestions include a school-wide fitness walk, guest speakers, performances, or cross-grade demonstrations. Many schools use this day as either a kick off or culminating event highlighting increased physical activity. Your physical educator would be a valuable resource in planning for this occasion. Please share this letter with your physical education staff and become a part of this international initiative.

Obesity rates have tripled in the past 30 years, a trend that means, for the first time in our history, American children may face a shorter expected lifespan than their parents. SHAPE America has initiated “50 Million Strong by 2029” campaign, (<http://www.shapeamerica.org/events/whats-your-number.cfm>), aiming to solve the epidemic of childhood obesity within a generation. Join us in the fight to end childhood obesity and promote the health and wellness of our students by participating in Project A.C.E.S. and in learning more about the “50 Million Strong by 2029” initiative.