

Children Fight Obesity Epidemic

PROJECT ACES TAKES PLACE WORLDWIDE MAY 6, 2009

If you feel the ground shake slightly on May 6th, do not get nervous. It's just millions of children all over the world exercising simultaneously. With childhood obesity on the rise, and young children showing risk factors for heart disease, children are starting to fight back!

Project ACES is an acronym for All Children Exercise Simultaneously. Len Saunders, a physical education teacher from New Jersey, started it in 1989. "Children need motivational and fun tools to enjoy exercise," explains Saunders. ACES is just that...a fun way to exercise. Children get excited to exercise because they know kids all over the world will be exercising along with them. In fact, millions of children from all 50 states and over 50 countries are going to join the excitement.

Springfield School will be a part of the ACES celebration! At 2:00PM all students will walk the track at Veterans Park. If you'd like to join us, meet us at the park at 2:00PM. Raindate: May 7, 2009.

Please call Mrs. Pastore at 723-2479 ext. *831 with any questions. By returning the permission slip at the bottom of this letter, this will allow your child to participate in the ACES activity of the park walk.

Energetically yours,

Linda Pastore

My child, _____, from class

_____ may participate in Aces day.

Parent

date