ACES Day Fact Sheet

- ACES stands for All Children Exercise Simultaneously.
- ACES is an international event that was founded in 1989 by New Jersey physical education teacher Len Saunders.
- ACES is observed annually on the first Wednesday in May (or any day the school can observe ACES). This year we are celebrating ACES on October 6, 2021.
- The Michigan Fitness Foundation has partnered with sponsor Farm Bureau Insurance in promoting ACES for over 20 years. Together the organizations have taken the lead in encouraging Michigan schools to participate in ACES
- Due to the mass participation of this event, there is plenty of room for flexibility concerning the start time of your ACES Day event. The majority of schools that participate are able to start their exercises at 10 AM (local time). It is understandable that some schools may not be able to start at 10 AM due to scheduling problems, programs, state testing, or even inclement weather. Rarely, some schools may even have to do ACES Day on a different day. **This is not a problem as long as the children understand the concept of the day and feel a connection to the event!**
- More than 300,000 students in 1,130 schools participated in ACES 2019 in Michigan, reaching every county in the state (83).
- For more information and resources about ACES Day, please visit: https://lensaunders.com/aces/
- For more information about Michigan Fitness Foundation, please visit: www.michiganfitness.org