

Eat Right, Play Hard Challenge 2008-2009

May

May - Project ACES (All Children Exercise Simultaneously)

Each May, on a designated date and time, millions of school children all over the globe will exercise simultaneously in a symbolic gesture of fitness and unity. On May 6th, 2009, at 10 a.m., all the children will either exercise, walk, jog, bike, dance, do aerobics, or a combination or all the above. Each school organizes its own participation assembly for the 15-45 minutes the program runs. There is no specific routine to follow, just have the children do some form of exercise at 10 AM. Feel free to be as creative as you would like.



Due to the mass participation of this event, there is plenty of room for flexibility concerning the start time of Project ACES.

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. Some schools may even have to do Project ACES on a different day. If it rains, have a backup plan.

A sample certificate to be awarded to each student who participates is enclosed. If you would like to have printed color copies of the certificate, contact the Office of Health Promotion. If you would like a digital copy of the certificate, it is posted on the BCDHS website or send a request to mdoremus@co.bergen.nj.us.



If you would prefer a signed, framed certificate for your school, contact the Office of Health Promotion.

DID YOUR SCHOOL EARN A “We Mastered the Plan!” BANNER?

1. If your school participated in a minimum of 6 events, you earned a banner!
2. **By May 29**, mail or fax the completed Participation Form, included in the September mailing, to:
Marge Doremus, PhD, RD
Bergen County Department of Health Services
327 E. Ridgewood Avenue
Paramus, NJ 07652
FAX: 201-986-1068
3. The Participation Form is also posted on the Department of Health Services' website at www.bergenhealth.org. Click on the Health Promotion button on the left hand column and then open the *Eat Right, Play Hard* page.

Please contact me at mdoremus@co.bergen.nj.us or 201-634-2709 if you have any questions, comments or concerns.