



**FOR IMMEDIATE RELEASE: MAY 26, 2015**

**FOR ADDITIONAL INFORMATION PLEASE CONTACT:**

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### **Parkview Elementary Students Celebrate ACES**

Charlotte's Parkview Elementary students helped Michigan celebrate ACES (All Children Exercise Simultaneously) Day on Wednesday, May 6. The celebration emphasizes physical activity among students and helps combat childhood obesity. Physical activity is an important part of staying healthy for life and this event is a way to show students how much fun exercise can be!



Many Michigan schools joined together in large numbers to demonstrate their commitment to healthy lifestyles. The students and staff at Parkview Elementary took advantage of the spring weather and lined the sidewalks around the school to run and walk laps around the building. All students were busy exercising, laughing, enjoying the fresh air, and talking with friends. The staff were encouraging the students by modeling good fitness and running laps with the students.



ACES in Michigan was coordinated by the Michigan Fitness Foundation and sponsored by Farm Bureau Insurance. This was the 17<sup>th</sup> year of support from Farm Bureau Insurance which allowed the Michigan Fitness Foundation to provide financial support to each participating school. David Simpson, a local Charlotte

Farm Bureau Insurance agent, was able to come to Parkview and support the event as well. Farm Bureau Insurance donated \$250 for Parkview students to buy some playground equipment that will help them continue exercising and having fun outside. The students are very excited to accept this generous donation and are looking forward to using everything.

Activities like this can help students make healthy choices for the rest of their lives. With summer vacation getting closer, it is important to think of ways to be active and get outside. Everyone can do that by riding bikes, going for walks with their families and friends, or playing sports; just remember to have fun!