

2017

ACTIVE

“ACES Day is a golden opportunity to celebrate physical activity through fun!”

Vic Verchereau, Vice President of Marketing at Farm Bureau Insurance



“Getting kids out and biking or walking to school allows students to learn about the environment around them.”

Meg Thomas-Ackerman, Director of Safe Routes to School in Michigan

Farm Bureau Insurance: Committed to a healthier Michigan



Michigan's Insurance Company

ACES Day events in Michigan are made possible through the generous support of Farm Bureau Insurance.

For the 19th year, the Michigan Fitness Foundation and Farm Bureau Insurance are partnering for All Children Exercise Simultaneously Day, creating opportunities for local Farm Bureau agents to sponsor physical activity at elementary and middle schools throughout Michigan.

Learn more about ACES Day at michiganfitness.org/aces.

Bike to School Day Gets children moving

Bike to School Day is a great day to encourage active transportation to and from school on a regular basis.

Can't walk or bike on May 10? Any day in May can be B2SD! Help your child's school to get involved in the Safe Routes to School movement, with these fun ideas:

- **Lead a bike train:** invite students, teachers and parents to meet at a designated location and bike a short distance to school.
- **Conduct a bike safety rodeo:** work with your local police department to host a hands-on bike safety clinic at your school
- **Encourage students to bike!** Volunteer to help promote walking or biking to school. School staff welcome parent support.

Learn more about Bike to School Day at saferoutemichigan.org/bike-to-school-day/



GET MOVING IN MICHIGAN

Looking for ways to stay active throughout the year?
Check out these events held across the state:

- Michigander Bicycle Tour • July 15–22, 2017
- Mackinac Bridge Labor Day Run • Sept. 4, 2017
- Capital City River Run • Sept. 17, 2017
- Pure Michigan FITness Challenge • All year long
- Trail Towns Tour • Oct. 1, 2017

For a full list of events, visit michiganfitness.org.

Michigan Activity Pass

Use your library card to check out a pass to visit state parks, recreation areas and more. Contact your local library or visit michiganactivitypass.info for more information.

Michigan Recreation Passport

Pay \$11 more when you renew your license plate and get free access to state parks, forests, campgrounds, and so much more. Good all year long! michigan.gov/recreationpassport.



They learn from watching you... BE ACTIVE and your kids will too!

- Host a family dance-off before or after dinner.
- Pick a night to play a family game (baseball, catch, soccer, etc.) in the yard or at a local park.
- Do chores as a family – wash the car, walk the dog, work in the garden.
- Take the family strawberry or blueberry picking.

**MICHIGAN
FITNESS
FOUNDATION**



The Michigan Fitness Foundation and the Governor's Council on Physical Fitness, Health and Sports' mission is to inspire active lifestyles and healthy food choices through education, environmental change, community events and policy leadership.

This institution is an equal opportunity provider.

Make half your plate fruits and veggies



Summer is a great time to buy fresh and save money. Fruits and veggies are great for a snack, especially when you are active. Try the delicious Asparagus & Turkey Roll Ups below.



Ingredients

- 4 whole-wheat tortillas
- ½ pound low-sodium deli turkey, sliced
- 4 tablespoons low-fat or fat-free cream cheese; plain or Garden Vegetable flavor
- 1 bunch fresh asparagus, washed and trimmed

Directions

1. Put asparagus in a microwave safe dish with about an inch of water. Cook on high until asparagus is tender (about 4 minutes). Drain.
2. Spread a thin layer of cream cheese onto each tortilla.
3. Place a slice of turkey and asparagus spears on top of the cream cheese.
4. Roll and eat.

For more tips on being active and healthy eating, visit choosemyplate.gov



michiganfitness.org

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