Nationwide ACES campaign involves **Farmington** youth

Many elementary schools in the Farmington district, as well as St. Paul's Lutheran School, participated May 3 in the All Children Exercising Simultaneously (ACES) With-a-Priond campaign.

The statewide, school-centered event surpassed the Governor's Council on Physical Pitness. Health and Sports goal 200,000 participants during National Fitness Week.

More than 216,000 children and adults from over 600 Michigan elementary schools were involved in fitness activities at their schools.

involved in fitness activities at their achools. Michigan shattered the national record last year with 143,070 participating. The previous record of 70,000 was held by Illinois.

The one-day event, which was underwritten by Farm Bureau Insurance, was chaired by Michigan State University men's basketball head coach Tom Izzo.

The program's mission is to bring attention to the importance of lifelong physical activity

FITNESS

in everyone's life.

"I am proud to be a part of the ACES program, because it helps bring attention to the importance of physical activity in our lives," Izzo said.

"It's great to have your team rated in the top 10, but when the state you've lived in all your life is rated in the top 10 for obesity, that's a problem.

"With the endless opportunities for physical activity that Michigan has to offer, addy we are tied for fourth place in obesity ratings."

are tied for fourth place in obesi-yratings.

The importance of ACES and
the fitness message it provides is
essential in working toward a
healthier future.

Forty percent of Michigan's
children are overweight, and 39
percent of Michigan children
have elevated cholesterel levels
compared to the national average of 25 percent.

age of 25 percent.
"We need to motivate people to



be more physically active, or the obesity epidemic is going to ruin the lives of a lot of people," said Marilyn Lieber, Governor's Council on Physical Fitness Director of Special Events and Prolects.

Prejects.
"Although we don't expect onno-day event like ACES to change everyone's life and suddenly make them more active, we hope we can draw enough attention to this to spread the message of the many health ben-

efits of regular physical activity."
Mark Terman, Exocutive
Director of the Michigan Fitness
Foundation, is enthusinstic
about the statewide numbers
and continued success of ACES.
"We hoped to have 75,000 participating last year and ended up
shattering the national record
with over 143,000 participants,"
Terman said. "Aces is an excellent opportunity for people to
recognize the impact of physical
activity and understand its

importance and long-term effects on health.

ACES was founded by New ACES were founded by New went worldwide

Jersey physical education teach-or Len Saundors in 1989. He wanted to encourage his stu-dents to be more physically

cative.

Saunders set out to encourage at least one school in each state to join in this effort and as a result of his letter-writing campaign, 250,000 students from all 50 states were part of the first

ACES celebration.
By the third year, the event went worldwide and involved more than five million children. With ACES in its 12th year, Saundora has stopped counting but knows the program continues to reach millions in all 50 states and over 50 countries.
For more information, contact the Governor's Council on Physical Fitness, Health and Sports at (200) 434-8542 or visit the west site at www.michiganithess.org

Fitness walk:

Lila Lazarus (center), Good Health Editor for WDIV

television station, partici-pated in a walk through

the neighbor-hood with

students and staff from Hillside Ele-

Lazarus also spoke to the students in the gym about physical fit-ness.

mentary School as part of the nationwide ACES event.

site at www.michiganfitness.org

SPORTS ROUNDUP

OCC SEEK PLAYERS
First-year Oakland Community College women's volleyball conch Mark Ridley is looking for players for the fall 2000 season.

players for the full 2000 season.
All players must be enrolled full time at OCC in the fall semester. The season runs from August through early November. Practices and matches are at the Highland Lakes Campus. If interested in playing volley-ball for the Lady Raiders, contact the OCC athletic department at (248) 942-3173 or Ridley at (248) 474-0231.

SUMMER HOOPS CAMP

SUMMER NOOPS CAMP
Larry Baker's "Summer Hoops
For Girls 2000" banketball camp
will be June 26-30 at the
Orchard Ridge Campus of Oakland Cammunity College.
The camp is open to girls in
grades five through 10. The
camps begins at 8:45 aum. each
day and ends at 3:30 p.m.
Campors must provide their own
lunches.

lunches.
The cost is \$120. Girls who submit their registrations with six or more friends pay \$110.
Baker is the former Morcy

High School coach, He had 381 career victories, took the Marlins to the state finals five times and sent 31 players to play college

sent 31 players to play college ball.

He will be assisted by Mike King, a former Mercy JV coach who has 21 years of camp experi-ence and currently conches at the CYO level.

For more information or register call Baker at (248) 476-8020, ext. 242.

COPS FOR RIDS RUN
Farmington Hills Police will
conduct their 11th Annual Cops

For Kids Run to benefit the Mus-

For Kids Run to benefit the Mus-cular Dystrophy Association on Saturday, June 10. The race starts at 9 a.m.

The police department invites all runners from beginners to masters to participate in the 10K event.

The unique and challenging course combines paved and direct surfaces and runs through quiet aubdivisions on winding and hilly roads.

The run will start and finish on the Orchard Ridge Campus of Oakland Community College.

There will be awards for the top three finishers in each individual age group and special team awards for the top law enforcement teams only. There is a non-competitive 5K run-walk, that starts at 9 a.m. All registored participants will receive a T-shirt. The race entry fee is \$10 before Tuesday, June 6, and \$20 on race day. For more information and applications, call (248) 473-9615 between 8:30 a.m. and 4:30 p.m. Monday through Friday.

RICE BASKETBALL CAMP

RICE BASKETBALL CAMP
Brother Rice High School will
conduct a summer basketball
camp June 19-30 for boys entering grades five through 12.

The camp will take place at
the school and will be taught by
Brother Rice varsity coach Donaid MacAloon.

The camp will focus on the
development of fundamental
offensive skills. The cost is \$150.
To receive a camp application
call (248) 642-9010 or (248) 5404845.

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