National Observances

February: [American Heart Month](https://newsroom.heart.org/events/february-is-american-heart-month-6669831)

May: [Bike to School Day](http://www.walkbiketoschool.org/)

[National Physical Education and Sport Week](https://www.shapeamerica.org/events/pesportweek/National-PE-and-Sport-Week.aspx)

[Project Aces](https://lensaunders.com/aces/)

September: [National Childhood Obesity Awareness Month](https://healthfinder.gov/nho/Septembertoolkit.aspx)