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**Record Group/Collection:** George H.W. Bush Presidential Records  
**Collection/Office of Origin:** Speechwriting, White House Office of  
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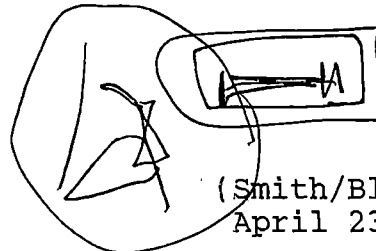
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**Folder Title:**  
Fitness Month, Washington D.C., 5/1/90

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Stack:	Row:	Section:	Shelf:	Position:
<b>G</b>	<b>18</b>	<b>29</b>	<b>1</b>	<b>5</b>

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(Smith/Blessey)  
April 23, 1990  
9 A.M.  
FIT

PRESIDENTIAL REMARKS: FITNESS MONTH  
SOUTH LAWN  
TUESDAY, MAY 1, 1990

Members of the President's Council on Physical Fitness,  
honored guests, ladies and gentlemen. *the president of the council is the vice president*

~~I am pleased to be with you~~ this morning, and to officially  
declare May National Fitness Month -- otherwise known as the  
Great American Workout. And it's a special pleasure to have with  
us the man who embodies that event -- my friend Conan the  
Republican // Arnold Schwarzenegger. //

((You know, I've been asked if my appointment of Arnold to  
head the Council on Physical Fitness is an example of favoritism  
based on political connections. No, the fact that's related to  
the Kennedys had nothing to do with it.)) *the fact that's related to the Kennedys had nothing to do with it*

((What led to his appointment was Arnold's commitment to  
physical fitness. // I have to tell you: He's even stronger  
than I thought he was. Before we came out here, Arnold bench-  
pressed the Federal budget. // Don't worry: I'm catching up.  
Barbara asked if I can bench-press 200 pounds // how come I  
can't pick my socks up from the floor.)) //

This morning, of course, we're aiming for the sky. For  
National Fitness Month aims to make fitness a part of each  
American's day // and exercise a part of each American's  
fitness. No matter what your age -- no matter what you're

*well, then -- ...*

us have a stake in making exercise a part of America's fitness -  
- and fitness a part of each American day. //

Just look at these ten workout stations. In a couple minutes, we'll be visiting them. One involves aerobics, another volleyball. A third is an academic workout -- a fourth, family sports from putt-putt to horseshoes. // Incidentally, I believe in family sports. I remember Little League back in Texas. Our four boys played it. I coached it. And Barbara -- well, back then were tens of thousands of kids playing ball. There were times I thought Barbara Bush was car-pooling them all. // A special workout honors true heroes -- representatives of the Special Olympics. // Still another stars the great Harlem Globetrotters. // Just like the Globetrotters, I got a lot of laughs when I played basketball. The difference is they're funny on purpose. //

The Great American Workout shows how fitness can enrich the human mind, and body. Lowering stress, blood pressure, and cholesterol. Reducing heart disease and stroke. / Already, we've made great progress -- but we still have far to go. So let's avoid drug use -- excessive alcohol use -- and eat a balanced and nutritional diet. Let's place new emphasis on quality physical education in our schools. / Today, only one State requires daily physical education. Let's make it fifty -- just as Arnold has done as Chairman of the President's Council.  
//

Steve Guback  
272-3430

(Fam's Use)

(Smith/Blessey)  
April 23, 1990  
11 A.M.  
FIT

PRESIDENTIAL REMARKS: FITNESS MONTH  
SOUTH LAWN  
TUESDAY, MAY 1, 1990

Sect. Sullivan  
Chairman Schwarzenegger (other celebrities by week's end)  
Members of the President's Council on Physical Fitness,

honored guests, ladies and gentlemen.

Welcome to the White House, and to an event which kicks off National Fitness Month -- otherwise known as The Great American Workout. And it's a special pleasure to have with us the man who embodies that event -- my friend Conan the Republican // Arnold Schwarzenegger. //

the event is called this

((You know, Arnold's even stronger than I thought he was. Before we came out here, he bench-pressed the Federal budget. // Which led me to ask one of my grand-kids: If Arnold can bench-press 300 pounds, how come you can't pick your socks up off the floor.)) //

((Arnold, I want to thank you for becoming Chairman of the President's Council on Physical Fitness. And also for your other offer. // I'm not saying what his role will be -- but Congress can draw its own conclusions when I warn I might have to twist some arms to get my legislation passed.)) //

Democrat or Republican, it doesn't matter: All of us have a stake in making exercise a part of America's fitness -- and fitness a part of every American day. No matter what your age - - regardless of your condition -- the Great American Workout can

enhance the quality and longevity of each American's life. //

horseshoes  
baseball  
basketball  
✓ football

Just look at these ten workout stations; in a couple moments, we'll be visiting them. One involves aerobic dancing // Barbara hopes it'll improve my foxtrot. Others are for great American pastimes like baseball and horseshoes. Arnold, in particular, can't wait for the station of the martial arts. // And I'd like to pay special tribute to the heroes who inspire us all: Yes, representatives of the Special Olympics.

These stations show how fitness can enrich the human mind, and body. As can a balanced and nutritional diet -- and today, 65 million Americans are dieting. Avoiding alcohol and drugs can also promote fitness. And help America be more competitive in the classroom, the factory, the ball field, the court. // Together, these steps can literally build an America that's Number One academically, economically, athletically, healthfully.

should dieting be encouraged or healthy eating

insert from fox

((Speaking of competition, a while ago a reporter said to me, "What are you trying to prove by playing so many sports?" I told him I'm not trying to prove anything. // I just want to be the first President to get his picture on a Wheaties box.) //

Wire for Striving for Exceptional Excellence

Will cancel object?

The fact is, of course: I love to compete. As do the kids at these workout stations -- kids from six to sixty-five. So this morning -- I hope this doesn't get me in trouble over another vegetable -- I think it's time to declare war on couch potatoes. //

Let's build an America where people are strong and more physically fit -- an America where the fish are a little weaker ?

and run down when I'm trying to catch one. // An America, most of all, where we exercise, pump iron, and compete not simply to enrich ourselves -- but the Nation that will benefit from longer, healthier, and happier lives.

Thank you to every participant. God bless the United States. And now, it's my pleasure to officially proclaim National Fitness Month. To quote a great golfer who often dieted but bemoaned his lack of exercise, Jackie Gleason: "A little traveling music." Arnold, let's visit the workout stations of The Great American Workout.

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(Smith/Blessey)  
April 24, 1990  
4 P. M.  
FIT

PRESIDENTIAL REMARKS: FITNESS MONTH  
SOUTH LAWN  
TUESDAY, MAY 1, 1990  
7:10 A.M.

Secretary Sullivan, Arnold Schwarzenegger, Members of the President's Council on Physical Fitness, honored guests, ladies and gentlemen.

Welcome to the White House. It's a pleasure to be with all of you -- especially the man who symbolizes physical fitness, my friend, Arnold Schwarzenegger. //

((You know, Arnold's even stronger than I thought he was. Before we came out here, he bench-pressed the Federal budget. // Which led me to ask one of my grand-kids: If Arnold can bench-press 300 pounds, how come you can't pick your socks up off the floor?)) //

((Arnold, I want to thank you for becoming Chairman of the President's Council on Physical Fitness. And also for your other offer. // I'm not saying what his role will be -- but Congress can draw its own conclusions when I warn I might have to twist some arms to get my legislation passed.)) //

This morning we're here for an event -- The Great American Workout -- which kicks off National Fitness and Sports Month. // I hope this doesn't get me in trouble over another vegetable -- but we're declaring war on couch potatoes. //

Sex, w/ physical condition

- ~~regardless of your condition~~ - the Great American Workout can enhance the quality and longevity of each American's life. //

Just look at these ten workout stations; in a couple moments, we'll be visiting them. One involves aerobic dancing // Barbara hopes it'll improve my foxtrot. Others are for great American pastimes like baseball, basketball, football, and horseshoes. Arnold, in particular, can't wait for the station of the martial arts. // And I'd like to pay special tribute to the heroes who inspire us all: Yes, representatives of the Special Olympics. //

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These stations show how fitness can enrich the human mind, and body. As can a balanced and nutritional diet -- and today, 65 million Americans are dieting. // Avoiding alcohol and drugs -- this, too, can promote fitness. And help America be more competitive in the classroom, the factory, the ball field, the court. // Together, these steps can literally build an America that's Number One academically, economically, athletically, healthfully. //

((Speaking of excellence, a while ago a reporter said to me, "What are you trying to prove by competing in so many sports?" I told him I'm not trying to prove anything. // I just want to be the first President to get his picture on a Wheaties box.)) //

The fact is, of course: I love to compete. As do the kids at these workout stations -- kids from six to sixty-five. So this morning -- I hope this doesn't get me in trouble over

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another vegetable -- I think it's time to declare war on couch potatoes. //

Let's build an America where people are strong and more physically fit -- an America where the fish are a little weaker and run down when I'm trying to catch one. // An America, most of all, where we exercise, pump iron, and compete not simply to enrich ourselves -- but the Nation that will benefit from longer, healthier, and happier lives.

Thank you to every participant. God bless the United States. And now, it's my pleasure to officially proclaim National Fitness Month. To quote a great golfer who often dieted but seldom exercised, Jackie Gleason: "A little traveling music." // Arnold, let's visit the workout stations of The Great American Workout.

# # # #

"THE GREAT AMERICAN WORKOUT"

MAY 1, 1990

- Note: Set up for this event will take place on Monday April 30. If it should rain, the event will be held on Wednesday May 2, 1990.
- 6:15am Marine Band in place on South Lawn.
- 6:15am Gates open. Guests begin to arrive.
- 6:45am Chairman Schwarzenegger briefs participants and begins morning warm-up.
- 7:00am Participants proceed to work stations and begin workout.
- 7:09am The President and Mrs. Bush (T) are announced on to the South Lawn Platform where they join Secretary Sullivan and Chairman Schwarzenegger.
- THE PRESIDENT makes welcoming remarks.
- 7:15am The President and Mrs. Bush, accompanied by Secretary Sullivan and Chairman Schwarzenegger tour workout stations.
- 7:25am The President and Mrs. Bush conclude their visit to the work stations with a visit to the tennis court.
- (POOL COVERAGE)
- Note: At this time, all other participants proceed to Diplomatic Entrance to pose for group photo.
- 7:28am THE PRESIDENT and MRS. BUSH depart the Tennis Court enroute the platform area.
- 7:30am THE PRESIDENT thanks participants and poses for group photo and then proceeds to the Oval Office.
- Note: After the President concludes participation in the event, Chairman Schwarzenegger, Secretary Sullivan and the celebrities will continue with the program and media interviews for thirty minutes. The event will conclude at 8:00 am .

23 APR 1990

