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ARNOLD

PRESIDENTIAL REMARKS: ARNOLD SCHWARZENEGGER
COLUMBUS, OHIO
WEDNESDAY, APRIL 29, 1992
2:00 P.M.

Arnold Schwarzenegger. Members of the City Council, honored guests, ladies and gentlemen. Jim Lerimer -- the person who introduced Arnold to bodybuilding. ~~((~~ Arnold is almost as grateful to Jim as he is to the person who introduced him to Maria Schriver. //))

It is a joy to be in Columbus to celebrate the start of Physical Fitness Month. And what better person to help salute that event than our friend Conan the ~~Barbarian~~ // Arnold Schwarzenegger. // *C. P. S.*

This is the 50th State Arnold has visited as part of his mission to say "Hasta la vista" baby to couch potatoes. / ~~Let me tell you:~~ He's doing a superb job. I asked ~~him~~ ^{people} what he says to people to make so many of them start exercising. / He said: "It's easy. I just use those two magic words -- 'or else.'" //

Today, Arnold is here to help spread the message: Each of us has a stake in making exercise a part of America's fitness -- and exercise a part of each American's day. // No matter what your age -- regardless of your condition -- fitness can enhance and quality and longevity of each American's life. //

I mean the fitness that enriches the mind, and body. Mental fitness. Athletic fitness. / I mean the fitness that helps America thrive in the classroom / the factory / the ball field / the court. The fitness that includes a balanced and nutritional diet, and avoiding alcohol and drugs. //

Fitness can help build longer, healthier, and happier lives -- creating America what's Number One academically, economically, athletically, healthfully. / Let's not be like the guy who told his doctor the closest he comes to exercise is watching golf on TV. The doctor told him to try something more strenuous. So now he watches tennis. // *C. P. S.*

Instead, let's ~~exercise~~ ^{live} more than our franchise this year. Let's ~~shape~~ ^{live} an America where people are strong and physically fit -- where our kids are bright and mentally fit. / Because America thrives on competition -- and competition is good -- because the more we are challenged, the more we excell. //

For years, Arnold has shown this as Chairman of the President's Council on Physical Fitness. Just last week he proved it again by helping Barbara with spring cleaning. / He lifted up the White House so we could dust underneath. / Today, I call on each of us to lift ourselves up -- and thereby lift America. //

The great Woody Hayes once said, ". " / Let's keep
America physically fit -- and mentally fit -- fit to take on the
world. / Thank you for your kindness, and the warmth of your
welcome. God bless the United States of America.

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