

May 1 / Administration of George Bush, 1992

Remarks at the Great American Workout

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Welcome, all, to the White House. And let me tell you how much I appreciate this wonderful display of fitness, something so important to our country. May I start off by saluting Secretary Sullivan, who I don't see, who's going to be with us in a minute; Chairman Schwarzenegger, of course. Where's Lou? Over here, suited up. [Laughter] And thank Barbara Mandrell and members of the President's Council on Physical Fitness and the National Fitness Leaders Association; and of course, Milton Berle and Bob Saget; Mary Lou Retton, an old friend; Peter Vidmar; Chris Evert; Lauri Single, National Fitness Director of the Year; and on and on it goes.

Welcome to the White House and to an event which kicks off National Fitness Month. That's the third Great American Workout. It's a special pleasure to be introduced by a friend, a man who embodies this event, the Chairman of the President's Council on Physical Fitness, Arnold Schwarzenegger, who literally has done a superb job, going to every single State in the Nation on his own to take this message of fitness to everybody. We're very grateful to him.

As I told Arnold earlier, I am sorry to have to cut short my participation in this great event. I hope you can understand; I am going to be getting, at 7:15 a.m., an update on the situation that troubles the whole country, the situation in Los Angeles, meeting with the Attorney General and the head of the FBI. Then we'll be meeting with some of our outstanding civil rights leaders to discuss our common commitment to justice, civil tranquility, and the rule of law.

But before I go, let me just say a few words about this important issue of fitness. Arnold, as I mentioned, or didn't, maybe, but yesterday he visited the 50th State out there in Ohio as Chairman. And he's spreading the word that each of us has a stake, a serious stake in making exercise a part of America's fitness and fitness a part of each American day.

When we see these workout stations, which I was privileged to participate in last year, you can understand it more clearly. Even a special workout to honor true heroes has been set up, and those are representatives of the Special Olympics. We welcome them back to the White House again. They set a great example for kids around this country.

Part of his message is that we need balanced and nutritional diet. And we've got to avoid tobacco and drug use, avoid excessive alcohol use. And fitness really can enrich the human mind and body by lowering stress and blood pressure and cholesterol.

We also have to act on another front by putting new emphasis on quality physical education in our schools. Arnold has pointed out to me that only one State, Illinois, gives daily physical education for K through 12. And that's the only State giving it, thus, the priority that it really deserves. Now, we've got to change that. So let's make it 50, just as our Chairman has done by going to 50 States.

A man with us, a special man, knows all about fitness. He knows that an American that is physically and mentally fit is fit to take on the world. And at 83—sorry about that, Milton—[laughter]—Milton Berle still rides his stationary bike, he does a lot of walking, he punches a heavy bag, and he maintains a healthy diet. So no wonder he's just been named a special adviser to Arnold. I welcome his leadership, showing that nobody, put it this way, is too old to stay fit.

So to Milton and to Arnold and all of you, my thanks for what you've done. Thanks for showing the Nation what fitness means. And I hope you enjoy the Great American Workout. I arranged for the weather here. [Laughter] And I know you'll enjoy the program which follows on the main stage, starring the famous and wonderfully generous Harlem Globetrotters. We welcome them. We have a basketball court down there. And I got a lot of laughs when I threw the basketball with Duke the other day. But the

difference is these guys are funny on purpose. [*Laughter*]

So thank you all. And Arnold, once more, my heartfelt thanks for what you're doing in leading this country to new levels of fitness. Now I must leave, but Barbara's going

to join in, so she will demonstrate the Bush family commitment to work out, every station, 20 minutes at each one.

Note: The President spoke at 7:04 a.m. on the South Lawn at the White House.

Remarks at the Points of Light Awards Ceremony

May 1, 1992

Please be seated. Well, thank you, and welcome to the East Room. Barbara and I are very proud to be here with such an impressive group. And may I single out our truly special guest, Michael Jackson. I haven't seen so much excitement around here since Gorbachev came for the first time. Today we also want to extend a particularly warm welcome to members of our Cabinet, Dr. Lou Sullivan, Secretary Martin, and to the judges of this year's award: our ACTION Director, Jane Kenny; Rabbi Naiman of the Council of Jewish Organizations; our distinguished Surgeon General, Dr. Antonia Novello; James Renier, chairman and CEO of Honeywell; and thanks to Anita Baker and Frances Hesselbein who couldn't, regrettably, be with us today.

My special thanks to the Points of Light Foundation and to ACTION for their help with these awards. And welcome, also, to the board members of the Commission on National and Community Service. And the warmest welcome to you all who make up the very heartbeat of our country, our volunteers. And a special welcome to our guest presenter today, a friend, our unparalleled Olympic golden girl, Florence Griffith Joyner. Thank you for being with us.

Flo-Jo is here, and she's in reasonably good shape, but where's your husband who's trying out for—Al, right here, sitting down here. Got to give the man equal time. But we're delighted he's here. Flo-Jo wants everyone to work out, and she's targeted lazy Americans. [*Laughter*] I don't know why you're laughing, all of you, but anyway I guess with all this PC talk we should call them exertionally challenged. And she is going to wipe out couch potatoes, and I'm

going to get her started on broccoli.

I am here today to talk about something that's really very personally important to me and Barbara. You all know I love music, Anita's always been a favorite. And I especially love country music because it gets to the heart of the basic decency and compassion and heartbreak of people who are proud to call themselves Americans. Well, Randy Travis has a line in one of his songs, called "Points of Light" incidentally, that's like a spotlight on an answer for us. And he sings, "There are dreamers who are making dreams come true, giving hope to those without. Isn't that what this land's all about." I'm sure most of you have heard that song. But those are profound words.

And you see, for all the good that Government can do, and it can do some good, to solve our country's social problems, we need people. We need every individual to respond to the problems right around them. And when each American is no longer willing to accept that someone on their street or someone in their town is homeless or jobless or friendless, then that's when we will truly renew America, when everybody understands that they're going to help their neighbor.

We already have shining heroes in this quest, and I call them Points of Light, as you know; I think everyone does now. And that's the name of Randy's song. And there are Americans in towns and cities just like yours across the land discovering that service to others is a rich source of meaning in life. And I honor these men and women and children for showing the better angel of their nature by volunteering to help others. They sum up the great and gener-