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better. [*Laughter*] I don't know if they like me a lot better after my run. But I value exercise. It's an important part of a balanced life.

I've urged the folks at work inside the White House to exercise on a daily basis. As an employer, I insist that they take time off, out of their daily grind, to get some exercise. I found them to be better able to communicate and happier on their job when they take some time, and it doesn't matter to me when they do it. They can do it any time of the day, so long as they get it done.

Today I'm going to sign an Executive order directing Federal agencies to work together to develop new policies to promote fitness. And at the White House, Federal agencies and businesses and professional sport leagues have set up activities, as you can see, to educate people about better eating, preventative screenings, and the danger of substance abuse.

On Saturday, members of my staff will join the First Lady and me in a fitness challenge to serve as an example to get people running and exercising and walking. And throughout this year and so long as we're here in Washington, we will do everything we can, as we travel around the country, to demonstrate ways to help keep America fit.

It is important for all of us to be responsible for the decisions we make in life. It's important for us to be responsible for taking care of our own health. And as we do so, not only will we each have a more fulfilling life, collectively we'll make a great contribution to the country we love.

I want to thank you for coming. I want to thank you for your commitment to making America the greatest place it can possibly be. Take a small step for America by exercising on a daily basis.

God bless you all, and God bless the country.

NOTE: The President spoke at 8 a.m. on the South Lawn at the White House. The Executive order of June 6 establishing the President's Council on Physical Fitness and Sports and the Executive order of June 20 on activities to promote personal fitness are listed in Appendix D at the end of this volume.

Exchange With Reporters at the White House Fitness Expo
June 20, 2002

President's Workout

Q. Have you worked out today, sir?

The President. This afternoon. As you know, I'm giving a speech tonight, the Sullivan speech. So after working all day long, before the speech, I'll work out. I'm going to lift weights. I'm going to do a little elliptical training. I'm going to do some physical fitness stuff—not an outdoor run today.

Upcoming Speech on the Middle East

Q. How's the other speech coming?

The President. The speech I'm giving tonight?

Q. No, the other one.

The President. I'll give it at the appropriate time. Thank you all.

NOTE: The exchange began at 8:33 a.m. on the South Lawn at the White House. A tape was not available for verification of the content of this exchange.

Statement on World Refugee Day
June 20, 2002

On World Refugee Day, I commend the determination and bravery of refugees fleeing tyranny in many parts of the world. This year's celebration focuses upon refugee women. They deserve our special admiration for overcoming the daunting challenges they face every day. Today is also a time to be reminded of the terrible circumstances that drive people from their homelands in search of freedom and safety. America will always stand firm for the nonnegotiable demands of human dignity and the rule of law.

As a country that has seen so many refugees contribute so much to our society, this day has special meaning for Americans. I am proud that we are the largest donor to the United Nations High Commissioner for Refugees (UNHCR) and the world's leader in accepting refugees for resettlement. Today I reaffirm our commitment to protect and assist refugees, promote their right to seek asylum, and provide opportunities for their resettlement, as needed.

This year in Afghanistan, over a million Afghan refugees are returning home to restart their lives in a country free of Taliban oppression. Americans are proud of our contribution to this progress and will continue to assist in these efforts.

This day we also recognize UNHCR and private voluntary organizations for their courage and tireless work under often extraordinarily difficult conditions. Their efforts bring hope to millions of refugees worldwide.

Message to the Senate Transmitting the Treaty Between the United States of America and the Russian Federation on Strategic Offensive Reductions
June 20, 2002

To the Senate of the United States:

I transmit herewith, for the advice and consent of the Senate to ratification, the Treaty Between the United States of America and the Russian Federation on Strategic Offensive Reductions, signed at Moscow on May 24, 2002 (the "Moscow Treaty").

The Moscow Treaty represents an important element of the new strategic relationship between the United States and Russia. It will take our two nations along a stable, predictable path to substantial reductions in our deployed strategic nuclear warhead arsenals by December 31, 2012. When these reductions are completed, each country will be at the lowest level of deployed strategic nuclear warheads in decades. This will benefit the peoples of both the United States and Russia and contribute to a more secure world.

The Moscow Treaty codifies my determination to break through the long impasse in further nuclear weapons reductions caused by the inability to finalize agreements through traditional arms control efforts. In the decade following the collapse of the Soviet Union, both countries' strategic nuclear arsenals remained far larger than needed, even as the United States and Russia moved toward a more cooperative relationship. On May 1, 2001, I called for a new framework for our strategic relationship with Russia, including further cuts in nuclear weapons to reflect the reality that the Cold War is over. On November 13, 2001, I announced the United States plan