

be physically active every day. Second, develop good eating habits. Third, take advantage of preventative screenings. Fourth, don't smoke, don't do drugs, and don't drink excessively. These four simple measures will help all Americans get healthier and stronger.

First, be physically active every day. A report released this week by the Department of Health and Human Services confirms that almost 40 percent of adults get no leisure time physical activity. This lack of activity can lead to poor health and higher health care costs. Americans who are obese spend approximately 36 percent more on health care services than the general population. They spend 77 percent more on medications.

Here are some simple suggestions to help Americans get active. Walking 30 minutes a day can improve your health. Playing a game in the backyard will help parents and children get fit and spend some quality time with each other. And regularly hiking through a park can add years to your life. This weekend, the Federal Government is waiving all entrance fees to national parks and other Federal lands, so you can exercise while exploring America's natural beauty. Exercise is a daily part of my life, and I urge all Americans to make it an important part of your lives.

Second, eat a nutritious diet. That means eating fruits and vegetables and cutting back on fatty foods. If you try your best to achieve these goals, you will be on the road to healthier living, and you'll have a lot more energy for your 30-minute walk.

Third, get preventative screenings, simple tests that can tell you if you're prone to developing certain diseases such as diabetes and cancer and heart disease. By acting on that information, you can help prevent a potentially life-threatening illness.

Fourth, cut out tobacco, drugs, and excessive drinking. Tobacco use is the single most preventable cause of death and disease in America. Drug and alcohol abuse destroys lives and families and communities. Avoiding tobacco, drugs, and excessive alcohol can save your life.

This initiative is part of my administration's ongoing commitment to raising awareness about the benefits of exercise and healthy choices. Our message is simple but important. The doctors in America should talk to your patients about the value of exercise and healthy eating. Parents should make sure your children get plenty of exercise and good nutrition and make smart decisions. By making minor changes to our lives, we will build a healthier and stronger America.

Thank you for listening.

NOTE: The address was recorded at 1:16 p.m. on June 20 in the Cabinet Room at the White House for broadcast at 10:06 a.m. on June 22. The transcript was made available by the Office of the Press Secretary on June 21 but was embargoed for release until the broadcast. The Office of the Press Secretary also released a Spanish language transcript of this address.

## Statement on the Earthquake in Iran *June 22, 2002*

I am saddened by the news of the earthquake centered in Iran this morning. I extend my condolences and those of the American people to the families of the

many victims in the cities and villages affected by this tragic event. Human suffering knows no political boundaries: We

stand ready to assist the people of Iran as needed and as desired.

## Message to the Congress on Continuation of the National Emergency With Respect to the Western Balkans

*June 21, 2002*

*To the Congress of the United States:*

Section 202(d) of the National Emergencies Act (50 U.S.C. 1622(d)), provides for the automatic termination of a national emergency unless, prior to the anniversary date of its declaration, the President publishes in the *Federal Register* and transmits to the Congress a Notice stating that the emergency is to continue in effect beyond the anniversary date. In accordance with this provision, I have sent the enclosed Notice, stating that the Western Balkans emergency is to continue in effect beyond June 25, 2002, to the *Federal Register* for publication.

The crisis constituted by the actions of persons engaged in, or assisting, sponsoring, or supporting, (i) extremist violence in the former Yugoslav Republic of Macedonia, and elsewhere in the Western Balkans region, or (ii) acts obstructing implementation of the Dayton Accords in Bosnia or United Nations Security Council Resolution 1244

of June 10, 1999, in Kosovo, that led to the declaration of a national emergency on June 26, 2001, has not been resolved. These actions are hostile to U.S. interests and pose a continuing unusual and extraordinary threat to the national security and foreign policy of the United States. For these reasons, I have determined that it is necessary to continue the national emergency declared with respect to the Western Balkans and maintain in force the comprehensive sanctions to respond to this threat.

GEORGE W. BUSH

The White House,  
June 21, 2002.

NOTE: This message was released by the Office of the Press Secretary on June 24. The notice of June 21 is listed in Appendix D at the end of this volume.

## Message to the Congress Transmitting a Report on the National Emergency With Respect to the Western Balkans

*June 21, 2002*

*To the Congress of the United States:*

As required by section 401(c) of the National Emergencies Act, 50 U.S.C. 1641(c), and section 204(c) of the International Emergency Economic Powers Act, 50 U.S.C. 1703(c), I transmit herewith a 6-month report prepared by my Administration on the national emergency with respect

to the Western Balkans that was declared in Executive Order 13219 of June 26, 2001.

GEORGE W. BUSH

The White House,  
June 21, 2002.