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I want to thank Fresh Fields and Dasani water—make sure you drink a lot of that today—[*laughter*]—at least that's what Dr. Tubb told me—[*laughter*]—and Starbucks, for helping to sponsor this event.

I want to thank you all for agreeing not only to set a good example but agreeing to help a neighbor in need. As you might remember, part of the entry fee—or the entry fee is the willingness for you to give of your time and money to help a local charity here. And if you haven't signed up yet, I was serious about that being part of the entry fee. I think it's important for all of us who are fortunate enough to be able to run and be healthy to help others who might not be as fortunate. So thanks for agreeing to do that.

It's important for those of us in the White House to live how we talk. If we're going to say we're going to live a healthy life, let's do it. If we say we care about a neighbor in need, we want to love a neighbor like we'd like to be loved ourselves; let's show it through our actions. So I want to thank you for the example.

It's really important for the White House team to exercise on a regular basis. I hope you understand at least that's how the boss thinks. [*Laughter*] I expect you to—I think you're—I know; I don't think—I know you're a better worker if you exercise on a daily basis. I know you'll help keep the health care costs down in America if you exercise on a daily basis. [*Laughter*] I know your life will be more complete if you exercise and serve a neighbor in need.

And you know, we're not here for long. But when we're here, let's make sure we give it our all. And one way to do so is to stay healthy and fit, have a great outlook in life.

And so thanks for joining us today. It's been a fantastic event. I hope you enjoyed it as much as I did. Make sure you stretch afterwards, get in a good nap—[*laughter*]—and show up to work on time on Monday. [*Laughter*]

God bless you all.

NOTE: The President spoke at 9:10 a.m. on the Parade Field at Fort McNair. In his remarks, he referred to Maj. Gen. James T. Jackson, USA, Commanding General, Military District of Washington; Debbie LeHardy, general manager, and Tara Wolf Monaco, deputy general manager, Komen Race for the Cure; and Col. Richard Tubb, USAF, Director, White House Medical Unit.

The President's Radio Address

June 22, 2002

Good morning. Earlier today, the First Lady and I joined the White House staff for the inaugural Presidential Fitness Challenge Run and Walk. Every participant took important steps on the road to better health, and runners and walkers volunteered to perform community service or contribute to charities.

The Fitness Challenge is part of a larger initiative I launched this week to help Americans live longer, better, and healthier lives. And the good news is this: When it comes to your health, even little steps can make a big difference. If just 10 percent of adults began walking regularly, Americans could save $5.6 billion in costs related to heart disease. And research suggests that we can reduce cancer deaths by one-third simply by changing our diets and getting more exercise.

The title of our new health and fitness initiative says it all, HealthierUS. It is based on four guideposts to good health. First, 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.

Notice—Continuation of the National Emergency With Respect to the Western Balkans

June 21, 2002

On June 26, 2001, by Executive Order 13219, I declared a national emergency with respect to the Western Balkans pursuant to the International Emergency Economic Powers Act (50 U.S.C. 1701–1706) to deal with the unusual and extraordinary threat to the national security and foreign policy of the United States 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. Because the actions of these persons, which threaten the peace and international stabilization efforts in the Western Balkans, continue to pose an unusual and extraordinary threat to the national security and foreign policy of the United States, the national emergency declared on June 26, 2001, and the measures adopted on that date to deal with that emergency must continue in effect beyond June 26, 2002. Therefore, in accordance with section 202(d) of the National Emergencies Act (50 U.S.C. 1622(d)), I am continuing for 1 year the national emergency with respect to the Western Balkans.

This Notice shall be published in the *Federal Register* and transmitted to the Congress.

George W. Bush

The White House,
June 21, 2002.

[Filed with the Office of the Federal Register, 8:45 a.m., June 24, 2002]

NOTE: This notice was released by the Office of the Press Secretary on June 24, and it was published in the *Federal Register* on June 25.