

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.

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.

Executive Order 13266—Activities To Promote Personal Fitness

June 20, 2002

By the authority vested in me as President by the Constitution and the laws of the United States of America, and in order to improve the efficiency and coordination of Federal policies related to personal fitness of the general public, it is hereby ordered as follows:

Section 1. Policy. This order is issued consistent with the following findings and principles:

- (a) Growing scientific evidence indicates that an increasing number of Americans are suffering from negligible physical activity, poor dietary habits, insufficient utilization of preventive health screenings, and engaging in risky behaviors such as abuse of alcohol, tobacco, and drugs.
- (b) Existing information on the importance of appropriate physical activity, diet, preventive health screenings, and avoiding harmful substances is often not received by the public, or, if received, is not acted on sufficiently.
- (c) Individuals of all ages, locations, and levels of personal fitness can benefit from some level of appropriate physical activity, dietary guidance, preventive health screening, and making healthy choices.
- (d) While personal fitness is an individual responsibility, the Federal Government may, within the authority and funds otherwise available, expand the opportunities for individuals to empower themselves to improve their general health. Such opportunities may include improving the flow of information about personal fitness, assisting in the utilization of that information, increasing the accessibility of