

President Gerald R. Ford's handwritten reflections, 1977 or 1978

Scanned from the collection **Gerald R. Ford: Materials from the writing of *A Time To Heal*** at the Gerald R. Ford Presidential Library

While writing his autobiography, *A Time to Heal* (New York: Harper & Row, 1979), President Gerald R. Ford composed a series of personal reflections on twenty-seven topics. What makes these documents so unusual is not only their introspection but also their form. President Ford recorded these observations by hand, writing in blue ball point on his favored yellow writing tablets. He did not expend time and energy to polish and edit his writing, apparently planning to do so when incorporating them into the book. Therefore occasional spelling or grammatical errors or incomplete thoughts appear.

For each reflection the Gerald R. Ford Presidential Library has scanned President Ford's handwritten document and added a Library-produced transcription below to aid in reading the reflection.

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Athletics & importance of keeping fit

Athletics merges the conditioning of one's body and the stimulation of a person's mind. Any sport, from an informal competition, challenges one to a higher degree of physical improvement which in turn better health, appearance and overall self-confidence. Every game pits body against body but each contest challenges the mind of the contestants so, athletics challenges both of brain & brawn to make one a more rounded person who can live longer and enjoy life more fully.

There are other dividends from participation in sports such as widening one's circle of friends, learning how to compete under pressure, and handling one's self in the sadness of losing and the glory of winning.

Athletics & Importance of Keeping Fit

Athletics merges the conditioning of one's body and the stimulation of a person's mind. Any sport team or individual competition challenges one to a higher degree of physical improvement which in turn betters health, appearance and increases self confidence. Every game pits body against body but each contest challenges the minds of the contestants. So, athletics combines skills of brain & brawn to make one a more [unrecognized word] person who can live longer and enjoy life more fully.

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