

The original documents are located in Box 2, folder “10/31/74 - Remarks for Film Clip for "The Fun in Your Life"” of the President’s Speeches and Statements: Reading Copies at the Gerald R. Ford Presidential Library.

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REMARKS FOR FILM CLIP FOR
"THE FUN IN YOUR LIFE"
THURSDAY, OCTOBER 31, 1974

I WOULD JUST LIKE TO ADD A BRIEF POSTSCRIPT
TO THIS FILM.

I HAVE HAD A LIFELONG INTEREST IN SPORTS. I
GET IN A ROUND OF GOLF WHENEVER I CAN. I ENJOY TENNIS
AND I LOVE SKIING AND SWIMMING.

I BELIEVE STRONGLY IN REGULAR EXERCISE. I
HAVE FOUND THAT WHEN YOUR BODY IS TRIM, YOUR MIND IS IN
TUNE. AND WHEN YOUR MIND IS IN TUNE, THE DAILY WORK
YOU DO AND THE DAILY LIFE YOU LIVE IS ALWAYS MORE PRODUCTIVE
AND MORE POSITIVE. AND LIFE IS ALSO A LOT MORE FUN.

AS CHARLTON HESTON POINTED OUT, OUR MOST
PRECIOUS ASSET IS GOOD HEALTH. THIS APPLIES EQUALLY
TO THE HEALTH OF OUR NATION. THE VIGOR AND VITALITY OF
A NATION IS MEASURED BY THE VIGOR AND VITALITY OF ITS CITIZENS.
HEALTHY PEOPLE MEAN A HEALTHY COUNTRY.

WE OWE IT TO OURSELVES AND WE OWE IT TO OUR
NATION TO STAY HEALTHY.

WE ALSO OWE IT TO OUR FAMILIES. BETTY AND
I ARE STRONG BELIEVERS IN FAMILY PARTICIPATION IN SPORTS.

WE GO SKIING EVERY YEAR. WE SWIM AND PLAY
TENNIS TOGETHER.

WE HAVE DISCOVERED THAT WHEN YOU PARTICIPATE
IN SPORTS ACTIVITIES WITH YOUR CHILDREN, YOU DEVELOP
A MUTUAL RESPECT AND A FAMILY UNITY THAT NEVER FADES.

IF I MAY PARAPHRASE AN OLD SAYING, THE FAMILY THAT PLAYS
TOGETHER STAYS TOGETHER.

LET ME URGE YOU ALL TO TAKE CHARLTON HESTON'S
ADVICE AND ENROLL IN THE PRESIDENTIAL SPORTS AWARD
PROGRAM. IF YOU DO, I PROMISE THAT YOU WILL NOT ONLY
FEEL BETTER YOURSELF -- BUT SO WILL YOUR FAMILY AND YOUR
NATION.

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