

January 25, 1975

Office of the White House Press Secretary

NOTICE TO THE PRESS

STATEMENT BY DR. WILLIAM M. LUKASH
PHYSICIAN TO THE PRESIDENT

As a result of President Ford's annual physical examination this morning, I am happy to report he is in excellent health. The results of all medical tests were normal in every way.

I do not find it necessary to make any new recommendations for changes in his day-to-day living habits. Since the President and I talked last September concerning a proper diet and ideal weight, the President has maintained his weight at around 195 pounds, which I consider to be the ideal weight for him. His early morning exercise program, involving use of a stationary bicycle device, has been very effective in maintaining his excellent health condition. I will encourage the President to play golf or tennis whenever his schedule will permit. The excellent state of the President's health will permit him to continue his tremendous capacity for hard work. The tests today indicate nothing that will prevent him from enjoying good health in the foreseeable future.

While the President was at Bethesda Naval Hospital this morning he was fitted with a pair of contact lenses. Beginning Monday he will use the contact lenses for a short time each day to determine whether he wants to wear them on a regular basis.

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