

Message on the Observance of Cinco de Mayo, 2007
May 4, 2007

I send greetings to those celebrating Cinco de Mayo.

The story of Cinco de Mayo represents the triumph of liberty over tyranny and a joyful moment in Mexican history. In 1862, Mexican General Ignacio Zaragoza and his militia defended their independence and won an important victory for freedom. Because of their courage, Mexican citizens would come to know the full blessings of liberty, and their triumph at the Battle of Puebla remains an inspiration to all who thirst for freedom.

Cinco de Mayo is also an opportunity to celebrate the warm ties between Mexico and the United States. Geography has made us neighbors, but our friendship is

based on shared values of family, democracy, and faith. Our country is grateful for the countless contributions of Mexican Americans whose hard work and strong character have strengthened our country. On Cinco de Mayo and throughout the year, may we remember that together we can build a better life and a future of hope for both our peoples.

Laura and I send our best wishes for a festive Cinco de Mayo.

GEORGE W. BUSH

NOTE: The Office of the Press Secretary also released a Spanish language version of this message. An original was not available for verification of the content of this message.

Remarks on Physical Fitness Month in Beltsville, Maryland
May 5, 2007

Thank you all for coming. This is Physical Fitness Month, and I'm with members of the President's Physical Fitness Council. Their job is to encourage all Americans, young and old, to exercise.

I love exercise. Today I'm going to ride with a group of friends on a mountain bike. But the message to all Americans is to find time in your schedule to walk, run, swim, bike, to take care of yourselves.

I appreciate Mike Leavitt, who is the Secretary of Health and Human Services, is joining us today. He knows what I know, that if someone takes care of their body through good exercise, that it is—it's the beginning of really good health policy for the United States.

It doesn't take much time to stay fit—30 minutes, 5 days a week: 30 minutes of walking, 30 minutes of running, 30 min-

utes of biking, 30 minutes of swimming on a regular basis will help deal with a lot of health issues here in America. I have found that exercise not only is a good excuse to get outdoors; it helps relieve stress as well. And so, on behalf of the President's Council on Physical Fitness, I say to America: Get outside, take time out of your life, schedule yourself, be disciplined, and exercise.

Thank you all for coming.

NOTE: The President spoke at 9:19 a.m. at the U.S. Secret Service Training Facility. The National Physical Fitness and Sports Month proclamation of May 1 is listed in Appendix D at the end of this volume.