

Proclamation 7781 of May 7, 2004**Asian/Pacific American Heritage Month, 2004**

By the President of the United States of America

A Proclamation

During Asian/Pacific American Heritage Month, we honor the accomplishments of Asian/Pacific Americans and the many ways they have enriched our society and shaped the character of our Nation through their diverse languages, cultures, and religious beliefs.

Today, Asian/Pacific Americans are leaders in public service, business, government, science, law, education, athletics, the arts, and many other areas. Their love of family, community, and hard work has helped to uphold our Nation for many generations. Asian/Pacific American entrepreneurs are helping to strengthen our economy and our communities through their hard work and ingenuity, and they inspire a new generation of American innovation through their example.

Throughout our history, Asian/Pacific Americans have been patriots, answering the call to defend our Nation and to protect the blessings of liberty and democracy. Today, in the war on terror, Asian/Pacific Americans serve proudly as they carry on our Nation's noble tradition of advancing the cause of freedom around the world. We are grateful for the sacrifice of our men and women in uniform and those who love and support them as we fight to protect our homeland and make the world safe for democracy.

Today, the more than 13 million Americans of Asian or Pacific Island heritage contribute to the vitality, success, and prosperity of our Nation. To honor the achievements and contributions of Asian/Pacific Americans, the Congress by Public Law 102-450 as amended, has designated the month of May each year as "Asian/Pacific American Heritage Month.";

NOW, THEREFORE, I, GEORGE W. BUSH, President of the United States of America, do hereby proclaim May 2004 as Asian/Pacific American Heritage Month. I call upon the people of the United States to reflect upon the history of Asian/Pacific Americans and their many contributions to our Nation.

IN WITNESS WHEREOF, I have hereunto set my hand this seventh day of May, in the year of our Lord two thousand four, and of the Independence of the United States of America the two hundred and twenty-eighth.

GEORGE W. BUSH

Proclamation 7782 of May 7, 2004**National Physical Fitness and Sports Month, 2004**

By the President of the United States of America

A Proclamation

Physical fitness is an integral part of a healthy life and a healthy America. National Physical Fitness and Sports Month provides an oppor-

tunity for all Americans to learn more about the benefits of exercise and sports and to make being physically active part of their everyday lives.

Regular physical activity builds strength and aerobic fitness, provides motivation, promotes relaxation, and facilitates sleep for people of all ages and abilities. Regular exercise—in some cases, simply walking for half an hour—can help reduce the risk of many serious health problems, such as heart disease and diabetes. By participating in sports, individuals also learn teamwork, discipline, and how to accept victory and defeat with grace. These important lessons help build good character and teach strong values.

My Administration has recommended a few simple steps to achieve better health and fitness. Our HealthierUS Initiative promotes daily physical activity, healthy diets, and preventative screenings. It also encourages people to avoid tobacco and drugs, and to make responsible choices about alcohol. Across our country, people are making physical activity part of their daily lives by participating in the President's Challenge, a fitness program that helps them track weekly fitness activities and rewards them for reaching defined fitness goals.

As we observe National Physical Fitness and Sports Month, I urge adults and children to participate in regular physical activity. I encourage parents to make family time active, and I call on Americans to help motivate their friends to have an active lifestyle. By exercising regularly and participating in sports, we can improve our health, set a positive example for our children, and help build a stronger future for our country.

NOW, THEREFORE, I, GEORGE W. BUSH, President of the United States of America, by virtue of the authority vested in me by the Constitution and laws of the United States, do hereby proclaim May 2004 as National Physical Fitness and Sports Month. I call upon the people of the United States to recognize the importance of daily physical activity and sports for all our citizens, and to make fitness a part of daily life. I also call on all Americans to celebrate this month with appropriate ceremonies, activities, and programs.

IN WITNESS WHEREOF, I have hereunto set my hand this seventh day of May, in the year of our Lord two thousand four, and of the Independence of the United States of America the two hundred and twenty-eighth.

GEORGE W. BUSH

Proclamation 7783 of May 7, 2004

Mother's Day, 2004

*By the President of the United States of America
A Proclamation*

President Theodore Roosevelt once said, "The mother is the one supreme asset of national life; she is more important by far than the successful statesman, or business man, or artist, or scientist."; Today, mothers continue to be an important part of our national character. On