



TEXT OF RADIC/TV COMMENT BY THE PRIME
MINISTER, MR HAROLD HOLT, IN LAUNCHING
THE "FITNESS AUSTRALIA" CAMPAIGN

7TH AUGUST, 1967

"FITNESS AUSTRALIA"

Australia does not have enough people - all the more need for us to be fit people. Good health is an obligation of good citizenship. If more people gave as much attention to keeping their bodies in good working order as they do their motor cars, they would feel a lot better and enjoy life a lot more.

For most of the 70 per cent of Australians living in cities, fitness is a challenge. Our successes in sport do not prove that we are a physically tough people. Too many are spectators - not enough participate. Not easy perhaps to find opportunities for sport, and many city jobs make little call on physical effort.

We can make our own opportunities quite simply!

To help you keep fit, a book of simple physical exercises has been issued today throughout Australia. I have my copy here. It is free! I hope you will get yourself one.

Fit people lead longer lives. They get more out of life, and they can give more to it. To be strong as a nation, we must not be soft as its citizens.
