



"TERMINATOR" OR "KINDERGARTEN COP"? — Say, isn't that Arnold Schwarzenegger in his real life role as Chairman of the President's Council on Physical Fitness? You bet your biceps! He was at the Steelton Elementary School last Friday to talk to students and participate in some of the exercises that have made Steelton famous for its athletes. Pictured is the bigger-than-life movie star working out with fourth grade students from Clarence Watson's gym class. **Press-Journal Photo Dennis Nye**

Arnold 'Muscles Up' To Area Youngsters

5/1/91 By Larry Portzline
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When the famous big guy standing in the gymnasium took off his jacket and joined in the jumping jacks, the class of 9- and 10-year-olds in front of him immediately halted what they were doing and broke into a chorus of giggles and squeals.

They couldn't believe their eyes.

Movie star muscleman Arnold Schwarzenegger was towering before them, taking part in their physical education class at Steelton-Highspire Elementary School.

And as the laughter gradually turned to embarrassed grins, Schwarzenegger beamed right back at the youngsters and started them off on some calisthenics of his own.

"Here we go!" he said, encouraging the two dozen fourth graders to try another jumping exercise. And try, they did, because when Arnold speaks, everyone listens.

Schwarzenegger rolled into Roller country

last Friday to spread the word about physical fitness—or rather, the lack of it among America's youth.

He was disturbed, he had said at an earlier press conference, that only half of the children in the U.S. are able to run a mile in less than 10 minutes. Health problems involving obesity, high blood pressure and high cholesterol are on the rise in our children, stated Schwarzenegger, and there is no longer an excuse for ignoring it.

"It's become very clear to me that we, in this country, have a disastrous situation with our youth," said the former Mr. Olympia. "They are out of shape. In youth fitness around the world, we barely make it into the top 20, and that is inexcusable... We need to turn the downward trend back up again. We need to make the children in our country healthy and strong."

Currently on a 50-state "fitness crusade" on behalf of the President's Council on Physical

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Fitness and Sports, council chairman Schwarzenegger asked to visit a typical Pennsylvania town in the Harrisburg area. The Steel-High district was chosen a few weeks ago, said officials, because of its superior record of physical education and sports. Schwarzenegger was to discuss his concerns with Governor Casey later in the morning, but for now, the star of the hit movie "Kindergarten Cop" was in his element as he put his new students through a fun, yet rigorous, workout.

"Come on, 10 more!" said Schwarzenegger after a set of push-ups with the youngsters. The groans that answered surprised even him, it seemed, but soon the children were all back on the floor, while Arnold walked slowly among them and offered instructions.

"I want you to exercise every day," implored Schwarzenegger before he left for an assembly program. "If you don't get it here every day, go home and do it. And stay away from the television. You don't have to watch it all the time. Instead of watching TV, go outside and play... And don't ever take drugs, OK? No drugs, right?"

"Right!" was the hollered response.

"And no alcohol!"

"Right!!"

"And no tobacco!"

"Right!!"

That youthful enthusiasm continued upstairs in the school auditorium as Schwarzenegger delivered his message to the entire student body.

"You children are getting more and more out of shape," he said. "You're getting fatter. There is a serious problem with fitness in this country."

Schwarzenegger then faulted state officials across the country for not mandating five-day-a-week physical education classes. He also criticized many school districts' habits of cutting physical education funding when facing budget constraints.

"It doesn't cost much to run around a track," he said. "When you think about education, you have to think about academic education *and* physical education. We cannot continue to ignore physical education, because it doesn't make any sense to have a brilliant mind housed in a very sick body."

He also chided some children's parents for setting an example of laziness.

"Just between us kids, I have a secret for you," Schwarzenegger told the crowd in his trademark Austrian accent.

"When you go home tonight and you see your parents sitting on the couch with the TV on, go up to them and say, 'Hey, mom and dad! Stop being a couch potato and come outside and exercise with us!'"

Over the cheers that greeted the remark, Schwarzenegger shouted, "Your whole life, your parents have told you what to do. Now let's turn it around tonight!"

Schwarzenegger closed his presentation by encouraging Elementary principal Linda Sheppard to take junk food out of the school cafeteria and increase Steel-High's phys. ed. classes to five days per week.

"Do you promise?" asked the star, to which Sheppard smiled and politely nodded.

"Good," said Schwarzenegger in his best "Terminator" voice. "Because I'll be back."

When Sheppard later presented Schwarzenegger with a Steel-High Rollers hat and T-shirt, he slipped the extra large shirt over his own, saying, "I want to make sure I'm not getting a shirt that was made for my twin brother, Danny DeVito."