

Al Roker Quotes

*Kids, Daughter, Mother, Mom, Dad, Country, Family Love, Weather, Real,
Family, Inspirational, Stills, Realizing, New Orleans, Silence, Anger, Fathers
Day, Black, Blessed, Giving Up*

My first college roommate greeted me with a shocked silence followed by, 'So. . .you're black.

~Al Roker

In our society leaving baby with Daddy is just one step above leaving the kids to be raised by wolves or apes.

~Al Roker

In the pregnancy process I have come to realize how much of the burden is on the female partner. She's got a construction zone going on in her belly.

~Al Roker

I love cooking for myself and cooking for my family.

~Al Roker

I don't make plans, because life is short and unpredictable - much like the weather!

~Al Roker

I have been blessed with working with the best in the business.

~Al Roker

If I was having a bad day, eating was like self-medicating. But if you abuse food, you still have to use that substance that you abuse every day. You have to learn to use it responsibly.

~Al Roker

If somehow every volunteer vanished tomorrow, so much of this country would come to a standstill: schools, hospitals and libraries. You can't name an institution that doesn't depend on volunteers.

~Al Roker

I know I need to exercise. For some people, exercise is like breathing;

for others, like me, it takes effort. Exercising is what I need for my metabolism and for a better sense of well-being.

~Al Roker

I've never been part of anything so great as those three kids.

~Al Roker

Watching the scenes out of New Orleans, if you turn down the sound it could be the Sudan or any Third World country. But it's not. it's the United States of America.

~Al Roker

There is no quick fix. At the end of the day, you still have to do the work to maintain your weight. It can't be a diet. You have to change your life.

~Al Roker

I was just thrilled to get the gig to begin with. Ten years later to still have it is not only thrilling but also somewhat of a puzzlement.

~Al Roker

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