

VIDEO SCRIPT

TITLE: “Exercise for Life” (Prod.# 6166-3)

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DRAFT : Final Edit

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B ROLL OF JIM BABCOCK STARTS AT 01:00:21; DR. SALLIS AT 01:19:32; PHIL HUBBARD STARTS AT 01:49:54; MARY ALJIAN AT 02:19:45; LOU VERA ROSS AT 02:22:57; DANNY CARROLL AT 02:44:21; LOU CAREY AT 03:00:06

CREATE WALLPAPER OF OUR PARTICIPANTS EXERCISING; OVERLAY SOUND BITES ON THIS BACKGROUND

FADE IN:

1. MONTAGE OF OUR PARTICIPANTS EXERCISING. INTERWEAVE WITH MUSIC: LIVELY AND UPBEAT

EXERCISING. INTERWEAVE WITH THEIR OPENING COMMENTS (ALL OPENING COMMENTS ARE TO CAMERA). OVERLAP THE SOUND BITES SO ONE FLOWS INTO THE OTHER. OVER SHOTS, KEY IN MAIN TITLE: **EXERCISE FOR LIFE**

PHIL HUBBARD

02:10:15 I skate.

MARY ALJIAN

02:19:06 I run.

DR. SALLIS

01:48:54 I enjoy hiking.

LOU VERA ROSS

02:43:10 I do yoga.

DANNY CARROLL

02:55:39 I water-ski.

LOU CAREY

03:19:41 I bike.

2. TRANSITION TO DR. SALLIS. IDENTIFY

AS: **ROBERT SALLIS, MD
FAMILY MEDICINE/SPORTS
MEDICINE
KAISER PERMANENTE, RANCHO
CUCAMONGA.** THROUGHOUT VIDEO, CUT AWAY TO SHOTS OF DR. SALLIS WALKING AND RUNNING AT 01:10:32

DR. SALLIS

01:33:00 The relationship between exercise and a healthy life is really dramatic. Diseases like diabetes, hypertension, high cholesterol, heart disease, are all dramatically reduced in patients who exercise regularly. **01:33:10**

3. CUT TO SHOTS OF JIM WALKING (AT 01:00:21) (MINIMIZE SHOTS THAT

SHOW JIM'S WAISTLINE – A BIT OF
A ROLL) START JIM IN VOICE
OVER. IDENTIFY AS: **JIM**

JIM BABCOCK

01:05:17 I had high cholesterol and elevated blood pressure and asthma, which I've had my whole life. The high cholesterol and high blood pressure are totally controlled with the exercise program without any medications.

4. CUT AWAY TO SHORT SPEEDED-UP MUSIC UP
MOTION OF JIM DOING HIS
EXERCISES AND QUICK SHOTS OF
HIS MEDALS AT 01:16:26; THEN
CUT BACK TO JIM

JIM BABCOCK

01:05:30 The asthma is controlled only with inhalers. For most of my life, I had to use oral steroids. I've not been on any oral steroids for about a year and a half now. **01:05:40 cut to**
01:16:13 With all the walking I do, my lung capacity has changed dramatically. **01:16:16**

5. CUT TO DR. SALLIS ON CAMERA

DR. SALLIS

01:44:33 Absolutely, it is never too late to start exercising. The benefits are the same regardless of the age. **01:44:38**

6. TRANSITION TO LOU CAREY.
IDENTIFY AS: **LOU**

LOU CAREY

03:09:42 My children were starting to take my arm to help me across the street because I fell so easily. I had weak ankles and weak knees and I was beginning to feel like a frail little old lady at about 55. **03:09:55**

7. CUT AWAY TO SHORT SPEEDED-UP MUSIC UP
MOTION SEQUENCE OF LOU
DOING HER EXERCISES (LIFTING
WEIGHTS/DOING SQUATS) AT
03:00:06

LOU CAREY

03:10:32 Now my children don't take me by the arm to help me across the street anymore. In fact, they won't go to races with me because I can beat them. **03:10:38**

8. CUT TO DR. SALLIS

DR. SALLIS

01:28:54 Exercise really could be looked at as a fountain of youth. If you're looking for something to extend your lifespan, this is it. Patients who exercise regularly live longer and healthier lives than those who are more sedentary. **01:29:05**

9. TRANSITION TO DANNY CARROLL.
INCLUDE B-ROLL OF DANNY
RUNNING AND STRETCHING AT
02:44:21 IDENTIFY AS: **DANNY**

DANNY CARROLL

02:51:22 My work takes me all over the world so I often work in jungles or relief camps around the world. **02:51:27** cut to **02:50:07** When I get there, we often backpack up into the jungle, Borneo, or Burma, or Thailand or Cambodia and I take medical teams up and do relief work and so unless you're in shape you just can't, you can't do those kind of things. **02:50:21**

10. CUT TO DR. SALLIS. AS HE SPEAKS,
FLOAT TEXT ACROSS SCREEN: **30
MINUTES 5 DAYS A WEEK**

DR. SALLIS

01:40:24 The type of exercise you do is not as important as the frequency and intensity of the exercise. **01:40:28** cut to **01:43:43** So, whether you like to swim, bike, or run, as long as you do it 30 minutes, 5-days a week, the benefits will be the same. **01:43:50**

- 11 OMITTED

12. TRANSITION BACK TO DR. SALLIS
ON CAMERA

DR. SALLIS

01:24:38 There are literally mountains of research that have been done on the benefits of physical activity **01:24:41**

13. TRANSITION TO LOU VERA ROSS.
IDENTIFY AS: **LOU VERA**. CUT
AWAY TO B-ROLL OF LOU VERA
DOING HER YOGA AT 02:22:57

LOU VERA ROSS

02:33:38 Exercise really helps me begin my day by giving me so much energy and helping me to release all my stress so I can have a peaceful day. **02:33:48** cut to **02:33:58** I could feel the tightness in my muscles, I could feel lumps in my throat. I could feel my muscles occasionally twitching and when I learned to exercise and to relax, those things were resolved. **02:34:12**

14. TRANSITION TO MARY ALJIAN.
IDENTIFY AS: **MARY**. CUT AWAY
TO B ROLL OF MARY RUNNING
AND STRETCHING AT 02:19:45

MARY ALJIAN

02:12:22 When you run or when you exercise, you tend to make better choices in every other aspect of your life, like eating. And I really cut out the soda, I cut out the high fats.

02:12:31 cut to 02:16:23 And it's not about being thin. I have no desire to be, you know, really skinny. It's not that. It's about being physically fit and being your best, and that is what exercise has done for me. **02:16:34**

15. TRANSITION TO PHIL HUBBARD.
IDENTIFY AS: **PHIL**. CUT AWAY TO
B-ROLL OF PHIL ROLLER SKATING
AT 01:49:54

PHIL HUBBARD

02:01:19 Exercise helps in a number of ways. First of all, it keeps you mentally sharp. Second, it keeps you toned as far as your body, and it's fun. It's something that is enjoyable and you can do it with yourself, friends, anyone at anytime.

02:01:33

PHIL HUBBARD

02:01:43 Actually, I feel better than I did at the age of 25, today. **02:01:46**

16. TRANSITION TO CLOSING. ALL
COMMENTS TO CAMERA.
OVERLAP THE COMMENTS, SO
THERE'S NO BREAK BETWEEN
OUR AVID EXERCISERS

MUSIC UP FOR CLOSE

PHIL HUBBARD

02:09:52 Find something to do... I jog, I rollerblade, I play golf

LOU CAREY

03:19:31 I swim.

DANNY CARROLL

02:57:11 I snowboard.

LOU VERA

02:42:41 I do pilates.

PHIL HUBBARD

02:09:42 Tai-Bo. Fantastic.

DR. SALLIS

01:48:02 I like basketball.

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MARY ALJIAN

02:19:14 I lift weights.

PHIL HUBBARD

02:09:52 Find something to do, get out and do it and have fun.

FADE OUT