

Diabetes Management

(film script)

WE OPEN AT A POOL INSIDE A ``Y"
FACILITY; MAN #1 IS SWIMMING WITH HIS
TWO CHILDREN; OTHER PEOPLE ARE ALSO
SWIMMING, DIVING, WALKING AROUND
THE POOL, ETC.

SFX: CONTEMPORARY, UPBEAT MUSIC

MUSIC UNDER

LIVE SOUND UP: SPLASHING, TALKING,
LAUGHTER, ETC.

SUPER TITLES

DISSOLVE TO EXT OF ``Y" ON A WARM,
SUNNY SUMMER DAY, ABOUT 5 OR 6 PM

CAMERA CLOSES IN AS THE ``Y" DOOR
OPENS AND MAN #1 LEAVES THE ``Y" WITH
HIS SON AND DAUGHTER; EACH IS
WEARING A NICE TEE SHIRT AND WASH
PANTS, AND CARRYING A DUFFEL BAG

CUT TO MS: AS THEY WALK, THE MAN,
WHO IS BETWEEN THE TWO KIDS, SMILES
AND GIVES THE KIDS A LITTLE HUG OR
PAT ON THE BACK

MAN #1:

You're getting to be real good swimmers!

BOTH KIDS GRIN

GIRL (COYLY):

Not as good as you, daddy!

CUT TO WOMAN #1, WEARING A BUSINESS SUIT, AND #2, WEARING A BUSINESS-TYPE DRESS, WALKING TOWARD THE ENTRANCE, PAST THE EXITING BLACK FAMILY; BOTH WOMEN ARE CARRYING DUFFEL BAGS

CUT TO MS OF WOMAN #2

MS OF WOMAN #1

WOMAN #1 LOOKS APPRAISINGLY AT HER SISTER

CAMERA FOLLOWS AS THEY ENTER THE "Y" AND HEAD FOR THE DRESSING ROOM

CUT TO WOMAN #2, WHO BEGINS PEDALLING TENTATIVELY ON EXERCYCLE, AS WOMAN #1 STARTS

MAN #1:

That'll come. Just keep at it . . .

(VOICE UNDER)

WOMAN #2 (SMILING) (SOF):

I'm counting on you, Karen. I'm no athlete!

WOMAN #1 (ASSERTIVELY) (SOF):

I'm your big sister, remember? Trust me.

WOMAN #1:

I used to be chubby, like you, and I got diabetes, too. But I lost weight and shaped up. Now my diabetes is gone, and I feel better than ever. You can too; I'll show you how.

WOMAN #2 (SMILING):

I take a half-hour walk every night. It's a start.

WOMAN #1:

Now you're ready for something more vigorous . . .

(VOICE UNDER)

NARRATOR (VO):

WORKING OUT ON A SKI MACHINE
CUT TO OTHERS, SKIPPING ROPE, ETC.

TYPE SLIDE:

OVERWEIGHT TYPE II DIABETES

- REACH AND MAINTAIN NORMAL WEIGHT
 - CALORIE CONTROL
 - PHYSICAL ACTIVITY

CUT TO FOOTAGE OF MAN #1, BICYCLING

MAN #1 SMILES AND SAYS SOMETHING
OVER HIS SHOULDER

CAMERA PULLS BACK, REVEALING THE 2
KIDS ON BICYCLES BEHIND THEIR DAD

MONTAGE OF PEOPLE OF VARIOUS
SHAPES, ETHNIC BACKGROUNDS, ETC:

JOGGING, WALKING

Most people who develop diabetes after age 40 are overweight and inactive. Their bodies cannot use their own insulin properly, so their blood sugar levels become too high. These people have Type II, or non-insulin-dependent diabetes.

NARRATOR (VO):

In Type II, the goal is to lose excess weight and keep it off. This alone will usually control Type II diabetes.

NARRATOR (VO):

Type I, or insulin-dependent diabetes, usually develops during childhood or young adulthood. People with Type I need to take insulin every day, balancing it with appropriate food intake and physical activity.

NARRATOR (VO):

Being active helps in weight control and promotes cardiovascular fitness. Being active also helps relieve stress, which can raise or lower your blood sugar. But check with your doctor before starting an activity program.