

## ***J12 Proactive Prevention***

March 2009

Intro: You've heard the advice many times, "eat right and exercise to improve your health." The fact is, that advice is true. You really can make a difference. Doctors at Mayo Clinic designed the heart health and performance program to help people assess their health and learn ways to make it better.

### **Video**

**Total running time 1:33**

**CG :07 to :12**

**Derrick Hall**

**President, Arizona Diamondbacks**

### **Audio**

AS PRESIDENT OF THE ARIZONA  
DIAMONDBACKS, DERRICK HALL  
KNOWS ABOUT BEING OVER-  
SCHEDULED AND STRESSED.

"THE STRESS IS HIGH. NOT  
NECESSARILY EATING THE BEST  
FOODS ALL THE TIME. A LOT OF  
TRAVEL. LATE HOURS."

[SOUND OF BALLPARK]

TO KEEP UP THAT PACE FOR THE  
FRANCHISE AND FOR HIS TEAM AT  
HOME, DERRICK NEEDED TO STAY  
HEALTHY. SO HE SIGNED UP FOR  
THE HEART HEALTH AND  
PERFORMANCE PROGRAM AT  
MAYO CLINIC. HE HAD MANY TESTS  
INCLUDING A BLOOD PRESSURE

CHECK (IT WAS HIGH),  
CHOLESTEROL TEST (ALSO HIGH),  
AN ENDOSCOPY (HE HAD  
HEARTBURN), AN ULTRASOUND OF  
HIS CAROTID ARTERIES, AND A  
STRESS TEST.

**Derrick Hall**

“WHAT WAS DISCOVERED WAS MY  
HEART WAS EIGHT TO TEN YEARS  
AHEAD OF ME.”

DR. TODD HURST SAYS ONE OF  
THE KEYS TO IMPROVING  
DERRICK’S HEALTH AND  
PREVENTING PROBLEMS IN THE  
FUTURE IS LIFESTYLE CHANGE.

**CG :47 to :56**

**Todd Hurst, M.D.**

**Mayo Clinic**

“WE ARE REALIZING THAT IF WE  
CAN IDENTIFY PROBLEMS EARLY  
ON AND INITIATE PRETTY LOW  
RISK INTERVENTION THAT WE CAN  
BENEFIT PEOPLE LONG TERM.”

DERRICK SPENDS 50-PLUS  
MINUTES ON THE TREADMILL  
EVERYDAY, AND HE OVERHAULED  
HIS EATING HABITS.

**Derrick Hall**

“NOW I’M EATING WHOLE GRAINS  
AND FRUITS AND VEGGIES.”

**Standup**

**CG 1:05 to 1:12**

DERRICK CHANGED WHAT THEY  
SERVE AT SOME CONCESSION  
STANDS, OFFERING VEGGIE  
BURGERS AND WHOLE WHEAT  
PITA AS AN ALTERNATIVE TO  
STANDARD BALLPARK FARE.

**Derrick Hall**

“I HOPE I CAN MOTIVATE AND  
INSPIRE PEOPLE.”

DERRICK IS LIVING PROOF THAT  
EATING RIGHT, EXERCISING AND  
GETTING THAT YEARLY EXAM CAN  
HELP YOU IMPROVE YOUR  
HEALTH. HE DID IT FOR HIMSELF,  
THE FRANCHISE AND HIS HOME  
TEAM.

**Derrick Hall**

“THIS IS MY LIFE AND THIS IS WHY I  
NEED TO LIVE LONGER.”  
AND HEALTHIER. FOR MEDICAL  
EDGE, I’M VIVIEN WILLIAMS.

Anchor tag:

After just a few months of maintaining healthy habits, Derrick dropped weight and his blood pressure and other numbers are down.

For more information about heart health and lifestyle changes, or the heart health and performance program, visit our Website at...**[STATIONS: Per the licensing agreement, please provide a link from your station's website to <http://www.mayoclinic.org> or voice tag "mayoclinic.org" for more information.]**