

TIMECODE	VISUALS	AUDIO
	<p>GFX Center</p> <p>dLife For Your Diabetes Life!</p>	<p>VO 1 dLifeTV, the only show for your diabetes life. Packed with information, insights, cooking, and real stories about real people. dLife brings it all together to help you live a healthy diabetes life.</p>
	<p>Montage of upcoming segments</p>	<p>Nicole Johnson</p> <p>Today on dLife, the struggle to lose weight, even when the reward is better health. From losing weight to lifting weight, it's made a big difference for one man. Plus attention teenagers: don't mix diabetes with drugs. Our Jim Turner shares his experiences.</p>
	<p>Lower Third</p> <p>Nicole Johnson Type 1 Diabetes Former Miss America</p>	<p>Nicole Johnson</p> <p>Welcome to dLife, your source for a healthy diabetes life. I'm Nicole Johnson. It's a common directive from doctor to patient: Lose some weight. Millions of Americans are faced with that challenge every year, but only a small percentage succeed. Why is losing weight such a struggle? Well, dLife went looking for answers.</p>
	<p>Shots of overweight people on the street.</p> <p>Lower Third</p> <p>Guenther H. Boden, M.D. Chief of Endocrinology Temple University Hospital</p>	<p>Dr. Guenther Boden</p> <p>At least two-thirds of the adult U.S. population is overweight or obese. We're constantly seduced by good smelling, good tasting and cheap food.</p>
	<p>Lower Third</p> <p>Brian Wansink, PhD Author, Mindless Eating</p>	<p>Dr. Brian Wansink</p> <p>We don't eat because we're hungry. We don't eat because the food's good. We eat largely what we eat because the cues around us tell us what's appropriate to eat.</p>
	<p>Shots of overweight people</p>	<p>Dr. Guenther Boden</p> <p>If I go into a McDonald's today, not only do I get a big heap of French fries, I ask for the smallest Coke they have and they give me a bucket.</p>

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	Shots of overweight people on the street	Dr. Brian Wansink People eat 92% of all the food they serve themselves. So if you dish it out, you're going to eat it.
	Erik Chopin close up interview Erik preparing food	Erik Chopin I would say there was a point where I didn't know what I weighed. Because once you hit 350, the doctor's scale is still pitched. I didn't want to know what I weighed. I didn't care to find out.
	Shots from Biggest Loser show	Nicole Johnson If this 36-year-old father of two looks familiar, you might have followed his struggle to lose weight and lose he did--more than 200 pounds.
	Lower Third Erik Chopin Winner, NBC's Biggest Loser	Erik Chopin When I decided to apply for Biggest Loser, I was 100 pounds heavier than some of the contestants. I was a 400-pound guy. Whatever I wanted, whenever I wanted, I would gratify myself. So, if I'm driving in the car and I drive past the- an ice cream place and I'm in the mood for a vanilla shake, I'm going to pull up and get it.
	Shots of Erik Chopin when he came on to Biggest Loser Erik working and eating in the deli	Erik Chopin For breakfast, it's a lot of bacon and you can have the sausage, too. And then maybe after the scrambled eggs, you're like, "You know what? I'll have some pancakes." I grew up working in delis before I owned one. I would snack all the time. When you're on the slicer, I used to say, "One for me, one for them type of thing."
	Erik eating in deli	Erik Chopin You know, you- you have a slice of American cheese and you're kind of hungry at that moment. You fold that piece of cheese and you put it your mouth while you're cutting the guy's cold cuts. It was just excessive eating and anything I wanted all the time.
	From Biggest Loser show	Biggest Loser show: Now, an entire nation of overweight Americans.

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	<p>Shots of Erik from Biggest Loser show</p>	<p>Erik Chopin</p> <p>In the beginning, I would have welcomed to be voted off the show. I- I needed to get out of there. It was too hard. We did a lot of elevation hikes. There's a scene of me where I was basically on my hands and knees just gasping. [imitating gasping] You know, just unbelievable how hard it was for me.</p>
	<p>Shots of Erik from Biggest Loser show</p>	<p>Nicole Johnson</p> <p>Luckily for Erik, he stayed on the program, because during the competition, he learned he had developed a common complication of obesity--Type 2 diabetes.</p>
	<p>Erik interviewed</p> <p>Shots of Erik from Biggest Loser show</p>	<p>Erik Chopin</p> <p>The show requires us to meet with the doctors and we go through a series of tests. I still remember Dr. Huizenga from the show saying to me, "What do you think we're going to find?" I said, "I don't think you're going to find out a lot. I've been told in the past that I really don't have too many health problems, just I'm obviously obese." He blindsided me with the fact that I had Type 2 diabetes.</p>
	<p>From the Biggest Loser show</p>	<p>Erik Chopin: I have diabetes?</p> <p>Dr. Huizenga: You've got full on diabetes.</p> <p>Erik Chopin: I had no idea of that.</p>
	<p>Erik Chopin interview</p> <p>Shots from Biggest Loser show</p>	<p>Erik Chopin</p> <p>It was like wow. Here I am walking around with this disease and I had no idea. I have two little girls. I have a wife that I love very much and I'm going to die young. I had to find out about this disease and I had to find out how to get it in control.</p>
	<p>Dr. Boden in medical office</p> <p>Montage of people exercising in gym</p>	<p>Dr. Guenther Boden</p> <p>Obesity causes what we call insulin resistance, which in plain English means it makes it difficult for our own insulin to do its job. And this is really corrected, to a large extent, by physical exercise.</p>

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	<p>Erik Chopin interview</p> <p>Shots from the Biggest Loser show</p>	<p>Erik Chopin</p> <p>The first approach for me was diet and exercise. Let's see if we can reduce your blood sugar with diet and exercise. Everything you ate, you had to find out the calorie count on that, the have- the portion size and then you'd measure the calories and write that and allot them. And when you got to close to 2,000, you stopped. And my body was responding to the diet and the exercise.</p>
	<p>Brian Wansink in kitchen</p>	<p>Brian Wansink</p> <p>We often overeat in our home, because we don't know what the right portion size is. And six inches of pasta on an eight-inch plate looks like a great amount. It seems six inches on a ten-inch plate doesn't even look like an appetizer. So we'll put a lot more on.</p>
	<p>Excerpts from Biggest Loser show</p>	<p>Dr. Huizenga: Hey, how ya doin'?</p> <p>Erik: Hey, doctor. Come on in.</p> <p>Dr. Huizenga: Is that really Erik?</p> <p>Erik: That's me.</p> <p>Dr. Huizenga: I barely recognize you anymore.</p>
	<p>Erik Chopin talking</p>	<p>Erik Chopin</p> <p>After I lost about 50 or 60 pounds, the doctor called me into his office and he had said that ah.. my blood sugars had dropped and that uhm.. my diabetes is now in control.</p>
	<p>Excerpts from the Biggest Loser show</p>	<p>Dr. Huizenga: We never had to go to medication, like some diabetics that don't take care of it holistically are faced with.</p>
	<p>Erik Chopin talking</p>	<p>Erik Chopin</p> <p>It's like wow, I'm taking control of my life.</p>
	<p>Excerpts from the Biggest Loser show</p>	<p>Host: Here's the new Erik Chopin. [cheers]</p>

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	Erik Chopin talking	<p>Erik Chopin</p> <p>I lost 214 pounds on the Biggest Loser. I got down to 193 pounds. My waist went from a 54 to a 34. My shirt was a 5XL, now it's a Large.</p>
	Excerpts from Biggest Loser show	<p>Host: Do people even recognize you?</p> <p>Erik: No. I'm- nobody recognizes me.</p> <p>Contestant: I don't even know you.</p>
	Montage of Erik working out at the gym	<p>Erik Chopin</p> <p>Now I'm about 215 and I'm content here. I bought a clothes in this size, so I could just, you know, force myself to stay here. And I'm finding that if I get an hour in a day of cardio and a couple of days a week with my trainer doing weight training and maintain my diet, you know, five, six days a week, it works for me.</p>
	Dr. Boden talking	<p>Dr. Guenther Boden</p> <p>People who try to go on diets and don't exercise, on average are much less successful. It gets their weight down and keep it down, than people who do both.</p>
	Shots of Erik working out in the gym	<p>Erik Chopin</p> <p>Finding out that I had diabetes on the show was a shock to me, but something good came out of that. I- I've been able to work on a diabetes campaign with Stepitupdiabetes.com. I've been traveling the country and ah.. I've been meeting people and encouraging them to ah.. see their doctor and to- to get that simple blood test that I was neglecting to do.</p>
	Shots of Erik's family	<p>Erik Chopin</p> <p>My family has been extremely supportive. The first person I think of is my wife. When I left to go on the show, she was left with the kids, the house, and a business. She also lost weight. Because during those years that I started to gain that weight, my wife did, too.</p>

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	<p>Shots of Erik and his family</p>	<p>Erik Chopin</p> <p>Right before going on the show, she was about a size 18. And my wife's like a size 10 right now. She wasn't on television. She didn't have a trainer. She just watched her diet and did her exercise. And watching the kids wanting to eat what daddy's eating, I noticed right away I'm ah.. my oldest was, "No, no. I don't want that. I want what- what daddy's eating," you know? And my wife would say, "Okay, I'll prepare it like that." And it just ah.. reminds you that, you know, we're going to be around together for a long time.</p>
	<p>Montage of Erik working in the deli, deli food, food prep</p>	<p>Erik Chopin</p> <p>When you work in a deli, you can eat while you work. And that's a really bad habit. The bacon, the cheese, the, you know, all the Kaiser rolls, all that stuff, the croissants, the donuts, you see them all the time. And nowadays, I'm not accountable to a television show. I'm accountable to me. And ah.. I just remind myself that I can't have that stuff every day and I have it once in a while. And uhm.. I police myself on that one.</p>
	<p>Erik in the deli</p>	<p>Erik: Now that's a sandwich, right there.</p>
	<p>Shots of Erik riding a bike with his family</p>	<p>Erik Chopin</p> <p>I just was recently looking at a photo of that 407 pound guy and ah.. in some ways I feel sorry for him and uhm.. I also wish that this Erik could go back in time and tap him on the shoulder and say, "You know, you could- you could have done this on your own. You didn't really need a show."</p>
	<p>Lower third</p> <p>www.dLife.com/meals</p> <p>Shots of J. Anthony Brown doing comedy on stage</p>	<p>Nicole Johnson</p> <p>If you're struggling to lose weight to better control your diabetes, dLife can help. Visit dLife.com/meals to find out more. When we return, a day in the life of Comedian J. Anthony Brown.</p>
	<p>GFX Center</p>	

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	dLife for Your Diabetes Life!	
	<p>Nicole standing on dLife set</p> <p>Lower Third</p> <p style="text-align: center;">Nicole Johnson</p>	<p>Nicole Johnson</p> <p>J. Anthony Brown is a well-known personality on the Tom Joyner Morning Show. He's a standup comedian, entrepreneur, actor, and part of the dLife family. And he lives with type 2 diabetes. dLife followed him around one day to see what his busy dLife is like.</p>
	<p>Montage of J. Anthony Brown at home</p> <p>Lower Third</p> <p style="text-align: center;">J. Anthony Brown dLife Correspondent Diabetes Since 1990</p>	<p>J. Anthony Brown</p> <p>Oh, this is how it starts. There we go. Friday, good day. I've got to feed Gainer <the dog>. This stuff is good. I've tried it. This is our-- this what I call diabetic bingo. I must admit I don't test my sugar as much as I should. Ah.. 104, pretty good. Who's got good sugar? Get my pills, my little lifeline.</p>
	<p>Montage of J. Anthony Brown traveling to comedy club</p>	<p>J. Anthony Brown</p> <p>Rolling to the comedy club. The infamous Comedy Union. <cheers> Are there any diabetics in the audience? Anybody that's a diabetic or know any diabetics? Anybody? There you go. See everybody knows somebody who's a diabetic. Are you a diabetic? Nobody in the room is a diabetic? Not one person? Don't make me do a diabetic test on you. 'Cause I'll blood test every last one of your asses I will. Damn.</p>
	<p>Montage of J. Anthony Brown en route to and at restaurant and travels to next job</p>	<p>J. Anthony Brown</p> <p>I'm going to stop on my way to work and get a uhm.. egg sandwich on whole wheat.</p> <p>Hey man, how you doin'? Ready? Oh, we got good time. We got ah.. five minutes. It's a good thing we got all those green lights. <chuckles> See you, Bob.</p>
	<p>Montage of J. Anthony Brown in studio</p>	<p>J. Anthony Brown</p> <p>Sort of late. All right. What it look like? Made it, made it, made it.</p>

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		They all sound like Ray Charles. You know how all blind guys all sound like Ray Charles? <laughing> Don't you hear that hummingbird? What hummingbird? What a <inaudible>
	J. Anthony Brown in studio	Announcer: If you want to talk to Melvin on the love line, give him a call. Melvin's love line on the Tom Joyner Morning Show. J. Anthony Brown: I left my pills. I left my medication. I left my medication. It was in another bag. I'll take it when I get home.
	J. Anthony Brown coming home	J. Anthony Brown What's up people? Just getting home from the night. How you doin', Gate? How was the day, man? Alright, okay, that's enough lovin'.
	GFX Center dLife for Your Diabetes Life! Shots of people doing weight training	Nicole Johnson Up next, weight training for diabetes control.
	GFX Center dLife for Your Diabetes Life!	
	Lower Third Nicole Johnson Diabetes Since 1993	Nicole Johnson dLife recently hit the gym with 64-year old Chuck Keyserling to find out how effective weight training can be in managing diabetes.
	Chuck Keyserling going into the gym	Chuck Keyserling Good afternoon. Thank you. My name is Chuck Keyserling. I am 64, almost 65 years old. I was diagnosed with Type 2 diabetes approximately 10 years ago.
	Lower Third Chuck Keyserling	Chuck Keyserling When I was diagnosed, my doctor suggested that

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	Diabetes Since 1997	losing weight was certainly a good thing and suggested diet and exercise to start off with. Before joining this gym, I had not lifted weights.
	<p>Lower Third</p> <p>You're never too old to begin Exercising and impact your diabetes.</p>	<p>Chuck Keyserling</p> <p>And during the trainer session, the guy that was training me told me that ah..., you know, weights were great for diabetes and- and would really help. And I found that a little- to be a little surprising, because no doctor had ever told me to go- go out and lift weights. I went down to the Joslin Clinic and the doctor I talked to there told me that increased muscle mass was the best way to treat type 2 diabetes.</p>
	Chuck Keyserling working out at the gym	<p>Chuck Keyserling</p> <p>And I put two and two together and said, "Well, weights increase muscle mass and I'd give it a try. I have a log of all the exercises I do and the reps and the weights. One day I decided I wanted to try to figure out how to- how much actual weight I lifted. So I made a calculation based on how many pounds I lifted one foot off the ground. And the ah.. number came out about 30 tons.</p>
	Chuck Keyserling at the gym	<p>Chuck Keyserling</p> <p>You know, you just don't see advertised that this is really good for- for people that are diabetic. Since I've joined the gym, I have lost somewhere between two and three inches of my waist. But I haven't lost much, maybe five to ten pounds. But I think the loss of the inches is more important, because that indicates that I have a lot less body fat.</p>
	Chuck Keyserling at the gym	<p>Chuck Keyserling</p> <p>The club did a test of body fat when I started and I started looking into how you test body fat. And ah.. hydrostatic is a much better test for testing, you know, your body composition.</p>
	Chuck Keyserling being measured hydrostatically for body fat	<p>Trainer</p> <p>Now I'm going to lower this chair down to the water, like I said, down so that the water level's at the top</p>

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		of your shoulders around your neck.
	Chuck Keyserling being measured hydrostatically for body fat	<p>Chuck Keyserling</p> <p>The hydrostatic test is ah.. really rather simple. They ah.. weigh you under water and ah.. cause you to breathe out. And they determine basically what your mass is, because muscle weighs more than- than fat.</p>
	Chuck Keyserling being measured hydrostatically for body fat	<p>Trainer: Good</p> <p>Chuck: Is that better?</p> <p>Trainer: Much better. Much better.</p>
	Chuck Keyserling at the gym	<p>Chuck Keyserling</p> <p>Today I learned ah.. probably I have a little higher percent body fat than I thought I had. But I still feel that ah.. I'm much better off having been at the gym and ah.. had I had such weigh-in say 18 months ago, it would have had to been a great deal worse.</p>
	Lower Third Always test your blood glucose levels before dining and after exercise	<p>Chuck Keyserling</p> <p>As I went through my diabetic life, I found that ah.. exercise influenced my A1c.</p>
	Lower Third The AACE recommends a target A1c value of 6.5 for glycemic control.	<p>Chuck Keyserling</p> <p>Before joining the gym, my A1c varied from about ah.. 7.2 to about 8.2. And the last time I had it checked, it was actually 6.5. There's many, many ways of exercising.</p>
	Lower Third Always watch for signs of hypoglycemia, or low blood sugar, during exercise.	<p>Chuck Keyserling</p> <p>If you enjoy dancing, that's- that's the exercise you should do. If you enjoy swimming, that's exercise you should do. The most important thing is that you do the exercise. And in order to do exercises, you have to pick things that you really ah.. like to do.</p>
	Lower Third Very high intensity workouts can cause blood glucose levels to rise initially	

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	<p>Lower Third</p> <p>Exercise can lower blood sugar for up to 48 hours after exercise</p>	<p>Chuck Keyserling</p> <p>Without exercise, I truly believe that if I wasn't dead, I would ah.. certainly have some- some serious complications. So to me, the biggest motivating factor is- is my quality of life. To be able to do this ah.. at the age of 64 makes me feel pretty damn good.</p>
	<p>GFX Center</p> <p>dLife for Your Diabetes Life!</p> <p>Shots of climber Will Cross</p> <p>Lower Third</p> <p>www.dLife.com/seniors</p>	<p>Nicole Johnson</p> <p>Thanks, Chuck, for teaching us that we're never too young to start exercising. For more information on seniors and diabetes, visit dLife.com/seniors. When we return, on top of the world with climber Will Cross.</p>
	<p>GFX Center</p> <p>dLife for Your Diabetes Life!</p>	
	<p>Lower Third</p> <p>Nicole Johnson</p>	<p>Nicole Johnson</p> <p>In 2006, Will Cross completed a mission years in the making. He was the first American with diabetes to summit Mount Everest. As if that wasn't enough, he also climbed the highest peak on each continent and has been to both the North and South Poles. dLife talked to Will by satellite phone during his summit attempt in the Himalayas.</p>
	<p>Photos and videotape of Will Cross</p> <p><subtitled></p>	<p>Will Cross</p> <p>I'm speaking to you from the top of the world. I'm just days away right now from Mount Everest. And my ascent really started years ago when I was about nine years old and diagnosed with diabetes. And I was told that I couldn't to the same things that other kids do, particularly adventure sports.</p>

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	Videotape of Will Cross climbing	<p>Will Cross</p> <p>I didn't really accept that and I started climbing as a kid. And since then, have reached the tallest mountains on most of the continents, including Kilimanjaro in Africa and Aconcagua in Argentina ah.. in the Andes. But for those kind of challenges, I exercise, I keep control of my glucose numbers, and I give myself insulin shots when I'm climbing, and I use the pump when I'm not climbing.</p>
	Videotape of Will Cross climbing	<p>Will Cross</p> <p>The way to succeed is to establish goals in life and then, step by step, just like you're climbing a mountain, is ah.. do everything to accomplish them. And that's certainly the way I'm trying to climb Mt. Everest, ah.. one foot in front of the other, trying to get up almost 30,000 feet. And basically, what I'd like to do is show that there are no diabetics, only people who happen to have diabetes. And that all of the- us can manage it successfully and that we can accomplish any dream once we set out.</p>
	<p>GFX Center</p> <p>dLife for Your Diabetes Life!</p> <p>Nicole Johnson talking</p> <p>Shots of Jim Turner</p>	<p>Nicole Johnson</p> <p>Will's determination is an inspiration to all and reminds us that we can accomplish anything we put our minds to, whether it's climbing a mountain or lowering your A1c. It's all within reach. When we return, a minute with dLife's Jim Turner.</p>
	<p>GFX Center</p> <p>dLife for Your Diabetes Life!</p>	
	<p>Lower Third</p> <p>Nicole Johnson Type 1 Diabetes</p>	<p>Nicole Johnson</p> <p>Our Jim Turner has had diabetes since he was a teenager. And there were some times when he took some teenage risks.</p>
	Jim testing	Jim Turner

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	<p>Jim at the boardwalk</p> <p>Lower Third</p> <p>Jim Turner dLife Correspondent Diabetes Since 1970</p>	<p>When you're young, you do a lot of stupid things. At least, I did. But when you're young and trying to manage diabetes, your margin for error is very small. When I was a teenager, I smoked pot and I learned the hard way that marijuana and diabetes do not mix.</p>
	<p>Montage of video simulation of Jim Turner's flashback at the amusement park</p>	<p>Jim Turner</p> <p>In 1970, I was 17 years old, about to start my senior year of high school. I went with some friends to an amusement park called Arnold's Park in Iowa. We went down to this cove by a lake, smoked a lot of pot. We got so stoned that we were laughing at the sound of waves, at the sound of the wind.</p>
	<p>Jim Turner in the air balloon flashback</p>	<p>Jim Turner</p> <p>The first ride that we went on was this- this giant air balloon and I thought I was having a blast rolling around, being stoned, laughing hysterically. And all of a sudden, all of the noises in this giant air balloon sounded like this cheap psychedelic movie and they're going wab-wa-jab-a, wab-a-wag-ga. Visually, everything became very staticy and weird. And I thought whoa, this- this is not good.</p>
	<p>Jim Turner trying to get out of the air balloon and going to the store in flashback</p>	<p>Jim Turner</p> <p>I tried to get out of the air balloon, but I couldn't. I was really scared. I told my friends I needed help, and they took me to this black light poster store. And I was surrounded by all these black lights and these posters of- of mushrooms, smoking hookahs and- and weird grid patterns and Bob Marley.</p>
	<p>Jim Turner calling the drug hotline in flashback</p>	<p>Jim Turner</p> <p>I left my friends. I stumbled around the amusement park all by myself, getting more and more scared, having no idea what was happening to me. I finally went to a phone and I called this drug hotline that they used to have in those days. "Listen, I- I smoked some pot and I'm- I'm kind of losing my grip on reality." And he said, "Did you- did you take any other drugs?" And I said, "No, no, we just smoked pot." And he said, "You didn't take any other</p>

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		drugs?" "Well, I take, uh, insulin." And he said, "Well, did you take any insulin and maybe forget to eat?" "I did. I took a shot. I- I forgot to eat."
	<p>Jim Turner sitting at the amusement park eating in flashback</p> <p>Jim Turner standing in front of boardwalk</p> <p>GFX Center</p> <p>dLife for Your Diabetes Life!</p>	<p>Jim Turner</p> <p>Miraculously, I pulled myself together enough to go get some food. I sat on a bench and ate the food for hours. And this horrible realization just washed over me. That because of my diabetes, I would never have the freedom to be irresponsible. And I recovered from the stoned, low blood sugar episode. The responsibility thing, I'm still working on that. But I can't tell you how many times my diabetes has saved me from doing something incredibly stupid.</p>
	<p>Lower Third</p> <p>dLifeTV on CNBC: Next Sunday 4 p.m. PT/ 7 p.m. ET</p> <p>To order a copy of any dLifeTV episode, visit dLife.com/orderdLifeTV</p>	<p>Nicole Johnson</p> <p>Thank you, Jim. A lesson from someone who's been there. That's all the time we have. We'll be back again next week with another edition of dLifeTV, to inform, inspire and connect for a healthy diabetes life.</p>
	<p>Center</p> <p>dLife is produced by LifeMed Media and does not represent the views or opinions of CNBC, Inc.</p>	
	End Credits	
	<p>Credits rolling on left with Nicole on right</p>	<p>Nicole Johnson</p> <p>Remember, we're not role models. We're people living with diabetes, just like you. What we do and how we manage may work for us, but everyone is</p>

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		different. And you have to work with your diabetes care team to find out what works best for you. Remember, it's your diabetes life, and there's no substitute for getting control of it.
	GFX Center dLife logo	