

	<p>LENGTH:</p> <p>:13</p>	<p><b>PACKAGE TEASE:</b></p> <p>STAYING HEALTHY, PHYSICALLY AND MENTALLY IS DIFFICULT ON MOST DAYS, MUCH LESS DURING A PANDEMIC. LET'S SEE HOW COLLEGE STUDENTS ARE CREATING NEW WORKOUTS, NUTRITION PLANS, AND MENTAL HEALTH PRACTICES AT HOME.</p>
<p>PACKAGE ROLL CUE: "HEALTHY AT HOME" TAKE PACKAGE PKG TRT: 2:22 PACKAGE OUTCUE: "STAYING HEALTHY AT HOME"</p>	<p>:12</p>	<p><b>ANCHOR LEAD:</b></p> <p>VIRTUAL CLASSES AND THE CLOSING OF STUDENT RECREATION FACILITIES HAVE CREATED MAJOR LIFESTYLE CHANGES FOR COLLEGE STUDENTS WHO FIGHT TO STAY FIT. REPORTER JESSICA PATTERSON SHOWS YOU HOW THEY ARE WORKING TO STAY HEALTHY AT HOME.</p>
<p><b>DESCRIPTION OF VIDEO:</b></p> <p>ABBEY COOKING</p> <p>GERM X AND CLOROX WIPES BY BED</p>	<p>:07</p>	<p><b>PKG SCRIPT:</b></p> <p>NAT SOUND OF ABBEY COOKING ON STOVE TOP ***Make sure you write out of your natural sound...Make it personal in the see-it-say it method. See Abbey, talk about Abbey.</p>
<p>ABBEY IN ZOOM CLASS</p>	<p>:10</p>	<p><b>REPORTER VOICEOVER/FACT:</b></p> <p>Abbey Manasco loves to cook. Nutrition is her major at the University of Alabama. She's using her knowledge and experience to stay healthy while isolating during Covid-19.</p>
<p><b>ABBEY MANASCO/UA STUDENT: SOUNDBITE VERBATIM</b></p> <p>ABBEY INTERVIEW</p>	<p>:08</p>	<p><b>ABBEY MANASCO/UA STUDENT : SOUNDBITE VERBATIM</b></p> <p>WE LEARN ALL ABOUT THE DIFFERENT COMPONENTS OF FOOD, SO IT REALLY HELPED ME TAKE A HOLISTIC APPROACH TO FOOD AND EAT A BALANCED DIET.</p>
<p><b>DESCRIPTION OF VIDEO:</b></p> <p>ABBEY WRITING IN PLANNER ABBEY WORKING OUT</p>	<p>:07</p>	<p><b>REPORTER VOICEOVER/FACT:</b></p> <p>MANASCO ALSO HELPED FRIENDS WITH THEIR FITNESS GOALS AND COMBINING MENTAL</p>

<p><b>ABBEY MANASCO/UA STUDENT: SOUNDBITE VERBATIM</b></p>	<p>LENGTH:</p>	<p>HEALTH COMPONENTS TO BALANCE SCHOOL WORK.</p> <p><b>ABBEY MANASCO/UA STUDENT: SOUNDBITE VERBATIM</b></p>
<p>WIDE SHOT KITCHEN CLOSE UP COOKING LIVING ROOM</p>	<p>:12</p>	<p>I DO ALWAYS ENCOURAGE MY FRIENDS TO EAT THE RAINBOW A VARIETY OF FOODS, AND MAKE SURE WE'RE GETTING A LOT OF VITAMINS AND MINERALS, BECAUSE WE ARE ALL A LITTLE BIT TIRED OR A LITTLE BIT STRESSED AND EATING GOOD HEALTHY MEAL WILL HELP YOUR WHOLE BODY.</p>
<p><b>JESSICA PATTERSON/REPORTING (STANDUP):</b></p>		<p><b>JESSICA PATTERSON/REPORTING (STANDUP):</b></p>
<p>JESSICA DICING MULTI COLORED FOODS JESSICA EXERCISE</p>	<p>:09</p>	<p>EATING THE RAINBOW??? AND PLANNING MEALS ARE ESSENTIAL TO QUARANTINE HEALTH. EXERCISE AND DAILY ACTIVITY ARE ALSO IMPORTANT FACTORS IN BRIDGING NUTRITION AND MENTAL HEALTH.</p>
<p><b>DESCRIPTION OF VIDEO:</b></p> <p>VALARIE WORKING OUT FAIRVIEW SIGN FOOTBALL FIELD</p>	<p>:06</p>	<p><b>REPORTER VOICEOVER/FACT:</b></p> <p>VALARIE YARBROUGH ALSO TOOK QUARANTINE AS AN OPPORTUNITY TO FOCUS ON IMPROVING HER MENTAL HEALTH WITH EXERCISE.</p>
<p><b>VALARIE YARBROUGH/UA STUDENT: SOUNDBITE VERBATIM</b></p>		<p><b>VALARIE YARBROUGH/UA STUDENT: SOUNDBITE VERBATIM</b></p>
<p><b>DESCRIPTION OF VIDEO:</b></p> <p>VALARIE INTERVIEW TRACK CLOSE UP VALAIRE WALKING</p>	<p>:16</p>	<p>SO, I, I DID CRY LIKE THAT, UM, BUT I MADE IT THROUGH LIKE WORKING OUT HELPS ME BECAUSE IT RELIEVES, A LOT OF STRESS RUNNING, BECAUSE I JUST TURN IT ON TO MUSIC AND JUST GO AT IT. AND THAT REALLY HELPED ME A LOT AND THEN JUST TALKING TO FRIENDS BECAUSE THEY KNEW WHAT I WAS GOING THROUGH SO THAT MADE IT EASIER.</p>
<p><b>DESCRIPTION OF VIDEO:</b></p>		

<p>VALARIE FIXING HAIR FEET WALKING CLOSE UP</p>	<p>:07</p>	<p><b>REPORTER VOICEOVER/FACT:</b></p> <p>YARBROUGH EXPERIENCED A POSITIVE OUTCOME AND HAS GROWN IN HER PERSONAL VENTURES.</p>
<p><b>VALARIE YARBROUGH/UA STUDENT: SOUNDBITE VERBATIM</b></p>		<p><b>VALARIE YARBROUGH/UA STUDENT: SOUNDBITE VERBATIM</b></p>
<p><b>DESCRIPTION OF VIDEO:</b></p> <p>ABBEY EXERCISING VALARIE PUSH UPS PARK WIDE SHOT CAMPUS STREET</p>	<p>:12</p>	<p>THROUGH QUARANTINE LIKE I'VE GOT CLOSER WITH MY FAMILY. I HAVE PUT MORE EMPHASIS ON MY HOME AND EATING HEALTHY, AND THEN FAMILY JUST GREW A LOT CLOSER WITH GOD, JUST DIGGING IN HIS WORD. THROUGH LIKE THIS TIME LAST YEAR LIKE I COULD SAY I'M IN A WAY BETTER POSITION.</p>
	<p>:08</p>	<p><b>REPORTER VOICEOVER/FACT:</b></p> <p>BOTH COLLEGE STUDENTS RECOMMEND TALKING TO FRIENDS AND GETTING ACTIVE ON A DAILY BASIS.</p>
<p><b>CUCAM ANCHOR ANCHOR TAG:</b></p>	<p>:04</p>	<p>IN TUSCALOOSA, I'M JESSICA PATTERSON REPORTING.</p>
	<p>:11</p>	<p><b>ANCHOR TAG:</b></p> <p>THE RECREATION CENTER AND CLASSES ARE BACK ON CAMPUS, AND VIRTUALLY WITH SAFETY RESTRICTIONS IN PLACE. THE UNIVERSITY PLANS TO BE PRIMARILY ON CAMPUS IN THE SPRING 2021 SEMESTER.</p>