

**Your Pet May be the Partner you Need to Stick to Your Health Plan**  
*Committing to diet and exercise with your pet keeps you both happier and healthier*

*The Ohio State University Veterinary Medical Center*

Produced by: MediaSource <a href="http://www.mediasourcetv.com">www.mediasourcetv.com</a>	To download broadcast-quality video and other multimedia elements: <a href="http://bit.ly/34gkEkl">http://bit.ly/34gkEkl</a>
Package Length: 1:55	Content provided by: <b>The Ohio State University Veterinary Medical Center</b>

**NEWS PACKAGE**

<b>SUGGESTED TEASE</b>	IT'S TOUGH TO SAY NO TO A JOG WHEN YOUR DOG IS WAITING FOR YOU BY THE DOOR. COMING UP, HOW YOUR PET CAN HELP YOU KEEP THAT NEW YEAR'S RESOLUTION THIS YEAR.
<b>ANCHOR LEAD</b>	IT'S THAT TIME OF YEAR WHEN THE GYMS GET PACKED AND MORE PEOPLE VOW TO DIET AND EXERCISE. BUT LESS THAN A QUARTER OF PEOPLE CONTINUE THEIR HEALTHY HABITS FOR MORE THAN A MONTH. <sup>1</sup> BARB CONSIGLIO HAS MORE ON HOW YOUR PET MAY BE JUST THE PARTNER YOU NEED TO STICK WITH YOUR RESOLUTIONS.
<b>(PACKAGE START) -----</b> <b>CG: Courtesy: The Ohio State University Veterinary Medical Center</b> <b>:00 - :03</b> Shots of Mitch getting on treadmill	(Nats of technician getting Mitch to go to the treadmill "You gonna go have fun?" ) :02
Before photo of Mitch Photo of Mitch and Laurie	IT DOESN'T TAKE A LOT OF CONVINCING TO GET MITCH THE LABRADOR TO WORK OUT. :04  (Nats: "Ready?" Treadmill starts) :02
<b>CG: Dr. Laurie Millward</b> <b>Started health plan with her dog</b>	NOT LONG AGO, VETERINARIAN LAURIE MILLWARD WASN'T SURE MITCH WAS GOING TO MAKE IT...SO SHE DECIDED TO ADOPT HIM. :05  <i>"He weighed 147 pounds when we took him in, and he would have to rock to be able to stand."</i> :08
Shot of Laurie feeding Mitch Shot of Laurie eating salad	AS MITCH BEGAN HIS DIET AND EXERCISE PLAN, LAURIE DECIDED IT WAS A GREAT OPPORTUNITY TO START HER OWN.
Shots of Dr. Markley working with dog on balance boards	DOCTOR ARIELLE MARKLEY, A CANINE REHABILITATION SPECIALIST AT THE OHIO STATE UNIVERSITY VETERINARY MEDICAL CENTER, SAYS PARTNERING WITH YOUR PET CAN MAKE YOU BOTH HEALTHIER. :13
<b>CG: Dr. Arielle Markley</b>	<i>"It's a great way to get motivated, be held accountable</i>

**Producers and Reporters: To download scripts, video and photos go to:**

<http://www.multimedia-newsroom.com>



<p><b>Ohio State Veterinary Medical Center</b></p> <p>Shot of Dr. Markley and dog <b>Graphic: PAWS - Plan</b></p> <p><b>CG: Liz Weinandy, RD</b> <b>Ohio State Wexner Medical Center</b></p> <p><b>Graphic: Active</b> Shots of Laurie and Mitch walking</p> <p><b>Dr. Markley (CG'd earlier)</b></p> <p><b>Graphic: Wellness</b> Shots of dog and people exams</p> <p><b>Graphic: Success</b></p> <p>Shot of Laurie petting Mitch</p> <p>Shots of Mitch on water treadmill</p> <p><b>Dr. Markley (CG'd earlier)</b></p> <p>Shots of Mitch on water treadmill</p> <p><b>Laurie Millward (CG'd earlier)</b></p> <p>Shot of Laurie and Mitch going out the front door</p> <p>Shots of Laurie and Mitch jogging</p> <p><b>Laurie Millward (CG'd earlier)</b></p> <p>Shot of Laurie petting Mitch after their run <b>(PACKAGE END) -----</b></p>	<p><i>because your pet needs to go out for walks.” :04</i></p> <p>WHEN STARTING A HEALTH JOURNEY WITH YOUR PET, JUST REMEMBER “PAWS.” THE FIRST STEP IS TO MAKE A PLAN. :05</p> <p><i>“Making sure that things are being scheduled is really helpful. Scheduling even grocery store trips, of course scheduling exercise.” :08</i></p> <p>NEXT, FIND A WAY TO GET ACTIVE TOGETHER, WHETHER YOUR PET LIKES TO RUN, SWIM OR JUST PLAY FETCH. :04</p> <p><i>“There’s even like dog yoga and dog pilates that people can do as well.” :06</i></p> <p>AND WELLNESS CHECKS ARE IMPORTANT FOR BOTH OF YOU, SO WHEN YOU MAKE YOUR VET APPOINTMENT, CALL YOUR DOCTOR AS WELL. FINALLY, DON’T FORGET TO CELEBRATE AND REWARD YOUR SUCCESS, BUT TRY SWAPPING TREATS FOR A LITTLE EXTRA LOVE AND ATTENTION. IT’S A METHOD THAT’S WORKING FOR MITCH. :12</p> <p><i>“When we first started him in there, he couldn’t even do two minutes. And now he’s up to 30 minutes and he walks against the resistance jets to make it harder. So he’s rocking it now.” :11</i></p> <p>HE’S DOWN MORE THAN SIXTY POUNDS AND IS FEELING GREAT. :02</p> <p><i>“As he started to lose this weight, you could see his overall demeanor change.” :05</i></p> <p>(Nats of Laurie and Mitch going out to run) “Wanna go for a run?” :01</p> <p>LAURIE’S GETTING STRONGER AS WELL, WITH THE GOAL OF RUNNING HER FIRST 5-K WITH MITCH BY HER SIDE. :04</p> <p><i>“The joy that running gives him also gives me joy, and so I feel like that is motivation alone to go out and exercise.” :10</i></p> <p>AT THE OHIO STATE VETERINARY MEDICAL CENTER, THIS IS BARB CONSIGLIO REPORTING. :03</p> <hr/> <p>IF YOU DON’T HAVE A PET AT HOME TO WORK</p>
--	---

**Producers and Reporters: To download scripts, video and photos go to:**

<http://www.multimedia-newsroom.com>

<b>ANCHOR TAG</b>	OUT WITH, EXPERTS SAY IT'S A GREAT IDEA TO VOLUNTEER TO WALK DOGS AT AN ANIMAL SHELTER OR OFFER TO HELP AN ELDERLY NEIGHBOR BY TAKING THEIR DOG OUT TO PLAY.
-------------------	--

### SOCIAL MEDIA

 <b>Share it! Suggested tweet:</b>	<p>Experts at <a href="https://twitter.com/OSUVetCollege">@OSUVetCollege</a> say your pet may be just the partner you need to help you stick with your New Year's resolutions and reach your health goals. <a href="http://bit.ly/34gkEkl">http://bit.ly/34gkEkl</a></p>
 <b>Suggested post:</b>	<p>It's tough to skip your daily jog when your dog is waiting by the door. Experts at <a href="http://www.veterinary.cvm.ohio-state.edu/">The Ohio State University Veterinary Medical Center</a> say partnering with your pet can help you stick to a diet and exercise plan, while also making your pet healthier and happier. <a href="http://bit.ly/34gkEkl">http://bit.ly/34gkEkl</a></p>

### EXTRA BITES

<p><b>CG: Dr. Arielle Markley</b> Ohio State Veterinary Medical Center</p>	<p>Markley describes how excess weight affects a pet's health: <i>"We see a lot of orthopaedic problems, knee injuries, ACL tears. We see a lot of arthritis issues in the overweight pets, and then we also see a lot of chronic illnesses, things like diabetes become more common in the overweight pet population."</i> :17</p> <p>Markley says pets gain weight for the same reasons people do: <i>"It's just like in people, when your pet is gaining weight, it's because of excess calories, so that could be getting too much food, getting too many treats or not getting enough exercise to actually burn those calories."</i> :14</p> <p>Markley explains why it's important to involve a veterinarian: <i>"Making sure that the pet is healthy enough to start a diet and exercise plan. Make sure that they don't have joint disease that might limit their ability to run comfortably or safely."</i> :10</p>
<p><b>CG: Liz Weinandy, RDN</b> Ohio State Wexner Medical Center</p>	<p>Weinandy lists some consequences of unhealthy habits: <i>"Health conditions like type 2 diabetes, high cholesterol, high blood pressure, certain types of cancer, are all linked to an unhealthy lifestyle."</i> :08</p> <p>Weinandy recommends starting with realistic changes: <i>"It's hard to make changes, it's hard to make positive, healthy changes. But they can be done, and usually what we recommend is trying to make small, realistic changes."</i> :11</p>

**Producers and Reporters: To download scripts, video and photos go to:**

<http://www.multimedia-newsroom.com>

<p><b>CG: Liz Weinandy, RD</b> Ohio State Wexner Medical Center</p> <p><b>CG: Dr. Laurie Millward</b> Started health plan with her dog</p>	<p>Weinandy says pets can help motivate you to exercise:  <i>"Committing to your pet to say, 'You know what, we're going to get out and walk every day.' Because a person might not do that for themselves, but if a dog is looking at you like, 'Come on, let's go for a walk,' then it might be more motivating." :11</i></p> <hr/> <p>Laurie says Mitch is now happy, healthy and pain-free:  <i>"He's more comfortable. He smiles all the time. I know that sounds weird, but it really looks like he's smiling. He's just a happy, wonderful dog, and to see him living a healthier, pain-free life is amazing." :13</i></p> <p>Laurie says Mitch focuses on his workout when they're running:  <i>"He doesn't stop to sniff. He just trucks along and focuses and loves it. So we've started this couch to 5K program together, and so far it's going great." :11</i></p> <p>Laurie says Mitch loves to work out on the underwater treadmill:  <i>"That helps relieve the stress on his joints when he works out because he gets semi-buoyant with the water, and he loves it. He's a lab, so he loves the water, and he gets to tickled when he gets to go and work out." :13</i></p>
--	--

### **References**

*<sup>1</sup>This Year, Don't Set New Year's Resolutions, Forbes, Dec. 31, 2018.* Online:  
<https://www.forbes.com/sites/ashiraprossack1/2018/12/31/goals-not-resolutions/#1f28eab43879>

### **For viewer information on this story contact:**

The Ohio State University Wexner Medical Center: 1-800-293-5123  
 Log onto <http://wexnermedical.osu.edu> - click on "Media Room"

Produced by:



1800 West 5th Ave.  
 Columbus, Ohio 43212  
 Phone: (614) 932-9950 Fax: (614) 932-9920  
[www.mediasourcetv.com](http://www.mediasourcetv.com)

**Video content provided by: The Ohio State University Wexner Medical Center  
 Media Relations Department: (614) 293-3737**

**Producers and Reporters: To download scripts, video and photos go to:**  
<http://www.multimedia-newsroom.com>