

BLACK SCREEN

IN THE
BACKGROUND YOU
HEAR THE
COMMOTION OF
THE CLIMBING
GYM

FADE TO FIRST
SHOT

AUDIO OF THE
GYM FADES OUT
AS THE FIRST
SHOT FADES IN
UNTIL THERE IS
NO SOUND
BESIDES THE
VOICEOVER

COOPER (V.O.)

What is your favourite sport? It
could be volleyball, biking,
soccer, or anything really.

(Shots of each sport being played
as they're being listed)

Now take a deeper look at your
favourite sport.

(Shot of someone lacing up soccer
cleats)

What benefits do you gain from
doing it? Could be anything, big or
small. It could be that you enjoy
doing it.

(Shot of volleyball team cheering
after winning a game)

It could be that it is the only way you find shelter from the anxiety of the outside world.

(Shot of bike shoes clipping into pedals)

Now imagine that you are struggling with the stress of everyday life, and you need a break. What do you think would be the best sport to help with that?

(Cut to Cooper walking towards camera in Climbing Gym INT.)

I think that it is rock climbing or bouldering, and I am here to tell you why.

THE HIVE NORTH SHORE - TIME OF DAY UNCLEAR

Nondescript person puts chalk on their hands and claps and the powder flies up into the air.

COOPER (V.O)

As a climber myself, I find solace in going to the gym and working on a problem for a little while.

(Short clips(1-3 seconds) of Cooper going up a climb. Each time it cuts, Cooper is farther up the climb)

It helps to take my mind of things and fully focus on the climb.

(Close-up of Cooper's hand reaching a hold after a dynamic move)

This is why I think climbing is such a great thing to do to improve both mental and physical health.

(Wide shot of Cooper almost sticking a move and falling off at the last second)

It provides a mental challenge, which is figure it out the best way to do the climb for you.

(Wide shot of Cooper doing the same move slightly differently and completing it, and moving on to finish the rest of the climb)

It also provides a physical challenge, because the stronger you are, the harder climbs you can do.

(Shot of Cooper doing a DYNO)

Climbing is a good sport because it trains all parts of your body. It strengthens your legs, arms, core, fingers, and flexibility.

(Close-ups of each body part being used on a climb as they are being listed)

This allows for your body to be in good condition when you are doing other things outside of climbing.

(Shot of Cooper running down the street with some friends)

Exercise can help reduce anxiety and other negative moods, as well as assist with low self esteem and social withdrawal.

(Shot of Cooper sitting alone at the climbing gym)

This is also another big part of why climbing is so great. Climbing has a very social nature, and that can help you improve relationships with people you already know, find something to bond over with people you wish you knew better, and make completely new friends.

(Cut to the same shot, but Cooper is talking to many people and everyone is smiling.)

Climbing also requires you to have good mental strength and confidence. If you do not think you can do a climb, you will not be able to do it.

(Shot of Cooper falling off a climb)

But if you truly believe in yourself, anything is possible.

(Shot of Cooper completing the climb)

Climbing also builds your problem solving skills, as well as improves your concentration, a skill many youth lack.

(Shot of student distracted in the back of class)

This is just one of the ways that climbing can help you mentally.

Now lets talk to a climbing instructor at the Hive North Shore and see how climbing has affected their life.

Interview Levi

Interviewee sits at a TABLE, in the background, through glass, you can see the busyness of the gym.

COOPER

A) How has climbing impacted your life?

B) Do you think that climbing has impacted your life for the better?

INTERVIEWEE

ANSWER 1

COOPER

A) Do you think that climbing has helped improve your mental and physical health?

B) How does climbing improve your mental and physical health?

INTERVIEWEE

ANSWER 2

COOPER

Why is climbing such a good sport for anyone of any skill level to get into?

INTERVIEWEE

ANSWER 3

COOPER

Do you think that climbing clears your mind?

INTERVIEWEE

ANSWER 4

COOPER

Do you think that climbing helps you concentrate on things outside of climbing?

INTERVIEWEE

ANSWER 5

Appropriate footage plays over the voices of the interview.

Cooper walks forward across the upper level of the gym as the camera moves with him. As the camera reaches the back wall of the upper level it stops, but Cooper keeps walking forwards. By the time Cooper reaches the camera, the video is over.

COOPER

In order to live life healthily, it is essential to exercise to maintain your best mental and physical health. Furthermore, exercise is important for the overall growth of a person. It is essential to maintain a balance between work, rest and activities, and while climbing may just seem like another thing to lump into your already busy enough life, it way help you in more ways than you think. Go ahead and try it out, and if it's not for you, you don't have to do it. If you take one thing away from this, let it be that it is important to maintain your physical and mental health, and there are many ways to do that, climbing is just my favourite.

FADE TO BLACK