

Written by
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Since third grade, leading a healthy lifestyle inclusive of nutritional eating, a regular exercise regimen, and basketball has been second nature for newly signed NBA D-League player Marcus Hill. In contrast to Hill's formative years, U.S. Obesity rates continue to rise in our youth and necessary measures to circumvent this silent killer must be put in place to send tomorrow's leaders on a promising path today. *Youth Determined to Succeed* (YDS), a program founded in 1999 by Melvin Anderson, a former Pittsburg Steeler, was created in an effort to guide our progeny through the fundamental steps of health and wellness and teach them how to combat childhood obesity on a day-to-day basis. On October 1st, YDS kicked off an 11-week activity packed program entitled "

s 4 Health

Kid

" (K4H) in Minneapolis. Alongside Anderson this past weekend at the K4H camp, Hill was on hand to offer his wisdom and guidance on how to transition into a healthier way of living both mentally and physically.

Hill, who has been gearing up for the NBA D-League Draft this coming November, after signing his contract for the draft on August 19th, 2011 has spent his post graduation from Minnesota State University-Mankato (MSU), dedicating a substantial amount of time to positioning himself as a voice for today's children and one of many leaders in the fight for generating positive changes in the lives of urban youth.

Adhering to his personal motto, "*It's not where you start, it's where you finish,*" Hill is on a quest to use his accomplishments throughout his career in basketball as a model for evolution and why it's necessary for one to look past their current circumstances and instead look upward to their potential chances. As a teen Hill was always smaller than the other members of his

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basketball team and wasn't certain where fate would take him in the game. Continuously perfecting his craft and staying sharp both on and off the court led the 5'9 ballplayer to MSU where he graduated from the university ranked amongst the schools all time best and heavily awarded for his accomplishments, some of which include: MSU 1,000 Points Club, sixth on the school's career free throw percentage list at .880, fifth in career assists (394), 14th on All-Time scoring list as well as having lead his team to the NCAA Final Four Tournament 2011.

Currently, Hill is partnering with organizations like *Youth Determined to Succeed* and will be speaking at different inner city programs and schools about health and wellness, education, and beating the odds, under a program title he calls, “

The Evolution of 'YOU' Tour.

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His speaking engagements kicked off in Chicago, Illinois this past September 23rd, at Inner City Impact, a Christian Organization that provides after school programs, sports leagues, mentoring, tutoring, and opportunities for inner city children and teens to explore their potential in self and through Christ.

For information on the tour or how you can schedule Marcus Hill to speak at your organization please visit: www.theevolutionofmarcushill.com