

## Mark Pitts of Jive Records on Fathers, Families, and Health

Mark Pitts is a Brooklyn, New York native who has managed and worked with numerous music moguls like Notorious B.I.G., Usher, and Anthony Hamilton. He is now a proud father of three (19 year old son, 14 year old son, and 4 year old daughter), President of Urban Music for Jive Records, Bell's Palsy survivor, and an up and coming men's health advocate.



Mark spoke to Men's Health Network ([www.menshealthnetwork.org](http://www.menshealthnetwork.org)) about a father's role in the family.

Q: After Bell's Palsy, what things do you do to live a healthy lifestyle?

A: Slowing down. I work out 5 – 6 times a week, sleep more, and spend more time with my family. I spend every weekend with my kids. I couldn't smile for 6 months and my smile...that's my mojo, my swagger, and God took that to make me pay attention. And, I finally took a vacation.

Q: What did your own personal health battle and experience with Bells Palsy teach you about the need to focus on your health?

A: The battle was the mental part of me not using the nerves you use all the time. I'm still not 100%. I'm like 90-95%, but you can't tell. It comes from stress and fatigue. I love what I do, so I never feel stressed and that's the crazy part.

Q: How important is a father's contribution to the family?

A: Dads hold the strength, hustle, and the keep moving. Father figures are very important...and it's important to be there. It's hard to say father's day without bringing up the mothers. The moms can't do what the dads can do and dads can't do what the moms can.

Q: How do you stay connected to your kids and family?

A: Saturday's 8:00 am basketball with my sons. Then at 9:30 & 10:30 we take my daughter

to dance and music class. After we get hair cuts and my daughter comes too. I keep them with me no matter what's going on or who it's for. Saturdays we are sewn to the hip!

Q: If you could speak to guys around the country and give them words of encouragement for their health care, what would you say?

A: We can't take things for granted. Everyone isn't as religious as I am, but "turn your stressed to blessed" because you can't change what is going to happen tomorrow or next week, it's how you deal with it. I got my sickness and its how I dealt with it, with laughter. Whatever happens that's bad, there's always a lesson in it.

Q: Do you have anything exciting coming up you want readers to know about?

A: This really saved my life; I'm having the best 2 years career wise. I'll be 40 in July and I'm in the best shape ever. Thanks to my Bell's Palsy my swagger is on 10 right now, I feel when you take the stress off of things, doors open up to you.

A lot of new artists! I'm excited about J.Cole and Miguel, a new deal with Sony, a 360 deal with management, and TV. I went to school for art and I'm about to partner with an art dealer and we might have a gallery in NY.

Bell's Palsy is a face paralysis caused by swelling, inflammation, or compression of the seventh cranial nerve, which controls facial muscles. It affects approximately 40,000 Americans annually and there is no definitive way to prevent it. Men's Health Network, applauds Mark Pitts' resilience and efforts to help educate men and boys on the importance of health and family.

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