

SAMPLE PSA SCRIPTS

Contact: [NAME]
[ORGANIZATION]
[PHONE NUMBER]

RADIO (10 seconds)

Do you want to be more physically active? Join *Sisters Together* and [SPONSOR] for a wellness walk on Saturday December 5. Call [PHONE NUMBER] for more information.

RADIO (15 seconds)

Most of us know we need to move more and eat better to stay healthy. But, let's keep it real, it's hard to fit working out into a tight schedule! So how can you keep your weight in check? The [ORGANIZATION] *Sisters Together* program can show you how. For more information, call [PHONE NUMBER].

RADIO (30 seconds)

Worried about gaining weight? You may still enjoy some of your favorite down home dishes. Try eating with a smaller plate. And on shopping trips, take the stairs instead of the elevator. Walking several times around the mall may be a good way to get 30 minutes of physical activity. For more tips to help you improve your health, contact [ORGANIZATION] *Sisters Together* program. Call [PHONE NUMBER] today.

RADIO (60 seconds)

Not quite ready to shed your winter coat? Well, start off spring on the right foot and get healthy for the summer months by walking. It is a safe, easy, affordable, and fun way to get fit and stay fit. The *Sisters Together: Move More Eat Better* program can show you how to get moving and start eating healthier. *Sisters Together* is a national program created to raise awareness among Black women of the benefits of physical activity and healthy eating. In our community, [ORGANIZATION] has started *Sisters Together* to sponsor walking groups and other healthy activities. Extra pounds can lead to overweight and obesity and a host of medical problems, so get moving now. For more information, or to find a walking group in your neighborhood, call [PHONE NUMBER].