

RADIO SCRIPT

You know how it is

Cantonese

Announcer: (Male - calm and reassuring, matter of fact)

Sound effects: *We hear a man walking along as he talks. His footsteps start reasonably brisk but they gradually slow down and sound heavier and more laboured.*

Male Voice: 而家生活節奏咁快，**大家好難**會察覺得到，你究竟食左幾多冇益的野、同埋你經已變得幾咁唔想郁。

Sound effects: *He pauses for breath. We then hear him turn around as he says the next sentence, so the stereo perspective changes, and we hear him go slightly "off mic" mid-sentence.*

Male Voice: 不過，由今日起，我要改變我的生命...

Sound effects: *We hear his footsteps pacing along briskly again.*

Male Voice: ...開始的時候，要預 d 時間出黎行路。每日預 30 分鐘出黎係好值得的。

Sound effects: *We hear him crunch an apple.*

Male Voice: 我而家每日大概食 2 個生果同埋了 5 份蔬菜。食得好 d，個人都爽 d。

Announcer:

幾時採取行動，都唔會話太遲的

你又會採取 d 乜野對策呢？

想知道多 d 有關的貼士同埋資料，請溜覽以下網頁：www.australia.gov.au/MeasureUp

由砍培拉澳洲政府授權，溫楚良及周志強宣讀。