

RADIO SCRIPT

You know how it is

Maltese

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: Bil-ħajja tant mgħaġġla, lanqas tinduna kemm tiekol affarijiet li m'humix tajjeb għas-saħħa jew kemm issir inattiv...

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: Imma, millum, se nbiddel ħajti...

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

Male Voice: ...se nibda billi nsib ħin biex nimxi. Ikun tajjeb li nisb 30 minuta kuljum.

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

Male Voice: Issa qed niekol madwar 2 frottiet u 5 bċejjeċ ta' ħaxix ta' l-ikel kuljum. B'ikel aħjar, bdejt inħossni aħjar.

Announcer: Qatt mhux tard li tibda tiegħu passi.

X'mizuri se tiegħu?

Għal pariri u informazzjoni, ara www.australia.gov.au/MeasureUp

Awtorizzat mill-Gvern Awstraljan, Canberra. Tkellmu (A) Name u (B) Name