

Alex Melconian

Broadcast Media

Period 5

2/21/14

PSA 2 Script

Scene 1-[video](Dolly) Two kids on the track, Alex running fast, Miah slow and tired.

Scene 2-[Text] Teen Exercise

Scene 3-[text] Many kids exercise and strive to be fit, but many more could care less.

Scene 4-[video](zoom out on chips) Miah eating chips in cafeteria

Scene 5-[text] One in Three Kids Aren't actively fit.

Scene 6-[video](Tilt) Alex running around Miah sitting down in gym

Scene7-[text] The punishment for not staying fit could be Stroke, Diabetes, Obesity, and all these things can lead to bigger problems.

Scene 8-[Pic](areal shot) Mysterious person in a hoodie dead on the hallway floor

Scene 9-[text] All this can be avoided if you could just stay fit, and eat healthy

Scene 10- [text] And not all food they say is healthy, may not actually be healthy.

Scene 11[text] Foods such as peanuts and fruit juice, are packed with fats and sugar before being put on the shelves at the supermarket.

Scene 12-[video](pan) Alex eating an apple in the cafeteria

Scene 13-[text] Another way to stay slim is to make a workout plan for each day.

Scene 14-[text] A workout plan could consist of something such as, 40 sit ups, 50 jumping jacks, 20 push ups, etc.

Scene 15- [Video](tilt) Miah doing sit ups in the gym

Scene 16- [Text] and it helps to let your family and friends know, they can be encouraging and help you stay away from unhealthy foods.

Scene 17-[Video](Hand-held) Alex blowing a whistle while pushing a snack away from miah in cafeteria

Scene 18- [text] Stop rejecting the healthy path!

Scene 19- [text] Stay fit!

