

PSA 3 (Approximately 57 seconds)

Woman: Did you know heart disease is the number one killer in America?

Man: No. But aren't we too young to worry about that?

Woman: Actually, no. People of all ages can be affected by heart disease, and once you get it, it doesn't go away. We should start making changes now like eating healthier, exercising more often, and talking to our doctors.

Man: You know I'm not into working out. I hate lifting weights.

Woman: There are other ways to work out. Why don't you start playing basketball again? Aerobic activity is a great way to help your heart.

Man: That would give me more time to spend with my friends. And you and I can take up other activities like bowling or tennis.

Woman: See? By making these changes, we all win: you, me, *and* our hearts!

Announcer: February is American Heart Month. Take time to develop healthy habits. Eat smart. Exercise. Talk with your doctor about your risk factors for heart disease.

Escambia County Health Department.

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