



RADIO ROUNDUP

Radio Scripts from PR Sources
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1. OPENING (62 words, 17 seconds)

WELCOME TO RADIO ROUNDUP. WE'LL BE OFFERING YOU IDEAS FROM EXPERTS TO HELP YOU PROTECT YOUR HEALTH, ADD VALUE TO YOUR HOME, MAKE FAMILY LIFE MORE FUN, TAKE CARE OF YOUR CAR AND PROTECT YOUR FINANCES. HAVE A PEN AND PAPER HANDY. WE'LL BE TELLING YOU WHERE TO WRITE OR TELEPHONE TOLL-FREE FOR FREE BOOKLETS FROM OUR GOVERNMENT AND AMERICAN ASSOCIATIONS.

2. CONTEST CORNER (91 words, 30 seconds)

FAME AND FORTUNE MAY AWAIT WRITERS AND ARTISTS FOCUSED ON THE FUTURE. IN 1983 ACCLAIMED AUTHOR L. RON HUBBARD CREATED THE WRITERS OF THE FUTURE CONTEST FOR ASPIRING WRITERS OF SPECULATIVE FICTION. ITS SUCCESS LED TO THE ILLUSTRATORS OF THE FUTURE CONTEST. EACH IS FREE TO ENTER. ENTRANTS FROM AROUND THE GLOBE RETAIN FULL RIGHTS TO THEIR WORK AND WIN CASH, A TRIP TO LOS ANGELES FOR AN EXPENSE-PAID, WEEK-LONG WORKSHOP AND A BLACK TIE AWARDS GALA. IN ADDITION, THEIR WORK IS PUBLISHED IN AN ANNUAL ANTHOLOGY. LEARN MORE AT WRITERS-OF-THE-FUTURE--DOT--COM.

3. RING IN THE NEW YEAR WITH 'ANTI' RESOLUTIONS LIST (93 words, 30 seconds)

TRY A NEW APPROACH TO SETTING HEALTH AND FITNESS GOALS BY CREATING AN "ANTI" NEW YEAR'S RESOLUTIONS LIST AND FOCUSING ON WHAT YOU'RE NOT GOING TO DO. FOR EXAMPLE, DON'T MAKE EXCUSES. FIND A MOTIVATING AND ENGAGING EXERCISE ROUTINE SUCH AS ON THE JRNY (JUR-NEE) DIGITAL FITNESS PLATFORM. IT COMES ON CONNECTED BOWFLEX CARDIO EQUIPMENT OR VIA MOBILE DEVICE OR TABLET. WITH A JRNY MEMBERSHIP, YOU CAN EASILY FIT EXERCISE INTO YOUR SCHEDULE WITH PERSONALIZED, TRAINER-LED WORKOUTS AND ACCESS TO YOUR FAVORITE ENTERTAINMENT SERVICES. A COMPLIMENTARY ONE-YEAR MEMBERSHIP IS AVAILABLE. LEARN MORE AT BOW-FLEX-DOT-COM.

4. ACHIEVING A HEALTHY MIND AND BODY IN THE NEW NORMAL (93 words, 30 seconds)

THE LAST YEAR AND A HALF WAS CHALLENGING AND STRESSFUL, AND ACHIEVING MIND-BODY BALANCE AMID THESE CHANGES HAS NOT BEEN EASY. STARTING WITH THE RIGHT FITNESS ROUTINE CAN HELP YOU THRIVE IN YOUR NEW NORMAL WITH A HYBRID APPROACH THAT INCLUDES WORKING OUT AT HOME, AT THE GYM OR ANYWHERE IN BETWEEN. STAYING ACTIVE WHEREVER YOU ARE IS EASY WITH THE INTEGRATED J-R-N-Y (JUR-NEE) DIGITAL FITNESS PLATFORM FROM BOWFLEX. TAILORED WORKOUTS, ON-DEMAND CLASSES, STREAMING SHOWS AND MORE WILL KEEP YOU MOTIVATED AND ENGAGED WHEREVER YOU ARE IN YOUR FITNESS JOURNEY. LEARN MORE AT BOW-FLEX-DOT-COM.

5. DELICIOUS TRADITIONAL RECIPES (87 words, 30 seconds)

HEART DISEASE IS THE LEADING CAUSE OF DEATH IN THE UNITED STATES, REPORTS THE CENTERS FOR DISEASE CONTROL AND PREVENTION—BUT YOU CAN PROTECT YOURSELF. FIRST, DON'T SMOKE. NEXT, GET REGULAR EXERCISE. FINALLY, EAT RIGHT. CHOOSE PLENTY OF FRESH FRUITS AND VEGETABLES AND FOODS HIGH IN FIBER AND LOW IN FAT AND CHOLESTEROL. TO HELP, MAZOLA CORN OIL CREATED A NUMBER OF RECIPES THAT ARE DELICIOUS. THE ALL-PURPOSE COOKING OIL ALSO HAS A HIGH SMOKE POINT TO PRESERVE FLAVOR. FOR FACTS, TIPS AND RECIPES, GO TO MAZOLA--DOT--COM.

6. EYE ON HEALTH (86 WORDS, 30 SECONDS)

THERE ARE MANY REASONS NOT TO SKIP ROUTINE EYE EXAMS. FIRST, RESEARCH SUGGESTS VISION LOSS CAN AFFECT YOUR BRAIN. PEOPLE WHO SCORED POORLY ON VISION TESTS WERE MORE LIKELY TO SUFFER MEMORY DEFICITS. ALSO, GLAUCOMA AND AGE-RELATED MACULAR DEGENERATION CAN BEGIN WITHOUT SYMPTOMS. AND EYE DOCTORS MAY BE THE FIRST TO DIAGNOSE SYSTEMIC DISEASES SUCH AS DIABETES, STROKE RISK OR MULTIPLE SCLEROSIS. IF COST IS A CONCERN, THE AMERICAN ACADEMY OF OPHTHALMOLOGY'S EYE-CARE AMERICA PROGRAM OFFERS FREE EYE CARE TO ELIGIBLE SENIORS. LEARN MORE AT E-Y-E-CARE-AMERICA--DOT--ORG.

7. CLOSE (29 WORDS, 8 SECONDS)

UNTIL THE NEXT TIME, THIS IS RADIO ROUNDUP. WE HOPE THESE IDEAS FOR YOUR HEALTH, YOUR SAFETY AND YOUR FINANCES MAKE YOUR DAY A LITTLE BETTER AND A LOT MORE FUN.