

“Shirlet” AS RECORDED English (:30) Second Radio Script

ANNOUNCER: Shirlet took better care of others than she did of herself...until she started to feel it.

SHIRLET: *I just felt sluggish and tired all the time.*

ANNOUNCER: She started a walking group and volunteered at a local wellness fair.

SHIRLET: *Then I had so much energy.*

ANNOUNCER: Others joined her walks to talk about life and ways to get active and eat better.

SHIRLET: *It took me 40 years to start knowing that I matter too. Because there's no way I can help other people if I don't keep myself in good health.*

ANNOUNCER: Visit [cdc.gov/deserve](https://www.cdc.gov/deserve) for more information. Brought to you by the Centers for Disease Control and Prevention.