

# Who Wants to Be Healthy?

By Samuel Stokes

*(HOST and 3 CONTESTANTS are playing a quiz show. There are two FRIENDS and an EXPERT waiting to be called upon for help.)*

HOST: Welcome back to “Who Wants to Be Healthy?” the game show where we quiz you on your health knowledge! The next question goes to contestant number 1. The question is: if you want to have healthy lungs, which thing should you avoid? A) Fresh air, B) Aerobic exercises, or C) Smoking.

CONTESTANT 1: Hmm, let me think. I don’t think the answer is fresh air, because I think that’s good for your lungs. I think it’s either aerobic exercises or smoking. I’d like to phone a friend.

HOST: Ok, you only get one phone-a-friend, are you sure you’re ready to use it.

CONTESTANT 1: Yes, I’d like to phone a friend.

HOST: Alright, standby, while we try to get your friend on the line.

FRIEND 1: *(answering the phone)* Hello?

CONTESTANT 1: Hi, I need your help. If you want to have healthy lungs, which thing should you avoid? A) Fresh air, B) Aerobic exercises, or C) Smoking. I’m pretty sure it’s not fresh air. I think it’s either aerobic exercises or smoking. What do you think?

FRIEND 1: Hmm, well, I know that when I do aerobic exercises I’m always out of breath after a few minutes, but I’m pretty sure that if you do them regularly, you can build up strong, healthy lungs. Smoking, on the other hand, leaves me coughing, and if you do that regularly you can develop all kinds of breathing problems. I’m going to say the answer is C) Smoking.

HOST: Alright, you’ve heard your friend’s advice, so what is your answer.

CONTESTANT 1: I’m going to go with C) Smoking.

*(A bell dings)*

HOST: That is absolutely correct! If you want to have healthy lungs, you should avoid smoking. Moving on to contestant number 2. Which one of the following exposes your body to a mixture of dangerous chemicals? A) Taking a walk in the park, B) Vaping, or C) Eating a Rueben sandwich.

CONTESTANT 2: Oooh, that’s a tough one. I think taking a walk in the park is perfectly fine. I don’t really like Ruben sandwiches, but I don’t know if there are any dangerous chemicals in them. I’d also like to phone a friend.

HOST: Alright, let’s get your friend on the line.

FRIEND 2: Hello?

CONTESTANT 2: Hi, quick question for you: do Rueben sandwiches have dangerous chemicals in them? I don’t really like them, but I’m not sure if they’re dangerous.

FRIEND 2: You don’t like Rueben sandwiches?! I love Rueben sandwiches! At any rate, no, Rueben sandwiches do not have dangerous chemicals.

CONTESTANT 2: Ok, what about vaping?

FRIEND 2: Oh, for sure, vaping fills your body with all kinds of dangerous chemicals.

HOST: Contestant 2, may I have your final answer please?

CONTESTANT 2: I'm going to go with B) Vaping.

*(A bell dings)*

HOST: That's correct! Vaping contains many dangerous chemicals that can badly affect your health. Contestant number 3. What is the best way to make good health decisions? A) Ask for advice from your family doctor, B) Do whatever your friends are doing, or C) Do what your favorite movie stars say you should do.

CONTESTANT 3: Wow, I really have no idea. I'd like to use my ask-the-expert card.

HOST: Okay then, let's call the expert and see what they say.

EXPERT: Hello.

CONTESTANT 3: Hi there, I need some help with a question, its: What is the best way to make good health decisions? A) Ask for advice from your family doctor, B) Do whatever your friends are doing, or C) Do what your favorite movie stars say you should do. This is really a tough one, because I usually go along with what my friends do, and I also really try to be like my favorite movie stars. But on the other hand, doctors are pretty smart, so I just don't know. What do you think?

EXPERT: Ah yes, I think I can help you here. The problem is that your friends and favorite movie stars aren't usually experts in health science. Your family doctor has had years of training in this subject, and therefore can give you much more reliable advice about your personal health.

CONTESTANT 3: Thank you, that helps so much!

HOST: Contestant number 3, what is your final answer?

CONTESTANT 3: My final answer is: A) Ask for advice from your family doctor.

*(A bell dings)*

HOST: That is absolutely correct! That brings us to our final round. You will have ten seconds to write your answers down. No help from your friend or the expert. You only have your own knowledge to rely upon, so make sure to think carefully. The final question is: what is a positive decision you can make to improve your own health?

*(A short musical interlude plays)*

HOST: Time is up. Please put your markers down. Contestant number 1, what is your answer?

CONTESTANT 1: Jog, run, or join a sports team so you can get regular exercise.

HOST: Alright, and Contestant number 2, what is your answer?

CONTESTANT 2: Oh, I came up with a completely different answer. I said, eat healthy foods that are low in sugar.

HOST: And Contestant number 3, what is your answer?

CONTESTANT 3: I said, quit or don't start vaping, smoking, or chewing tobacco.

HOST: Judges?

*(A bell dings three times)*

HOST: Congratulations, you are all three correct! We have a threeway tie! Congratulations, and we'll see all three of you for a rematch tomorrow. From all of us here at "Who Wants to Be Health?", we hope that you will make the best decisions possible for your health. Thank you and good night!