Scene One
A woman is walking along the beach with her friend. The woman says, “It’s so good to be getting out for a walk, I’ve been feeling run down lately.” The friend replies, “Me too. I haven’t been sleeping very well. I think I need to cut back on the wine. Before we were only having a couple of glasses at the end of the week or when we were going out, but now it’s every night.”
The woman nods in agreement and says, “How about we go on a bit of a health-kick?”
The friend puts her arm around the woman and says, “That sounds great. This can be the start!”

Scene Two
It is a ‘girls’ night out’ party scene and the same woman and her friend are arriving together. The woman gets offered a glass of wine by the host, and the woman says “No thanks, just an OJ for me.” The host says, “What? That’s not like you!” The friend is standing next to the woman and says “Oh, we’re both on a health-kick, I’ll have a water.” The host says “Good on you!” The woman and her friend smile at each other while the host turns away to get them the drinks.

A final message is displayed on the screen and a voice says:
Drink less—you’ll feel better for it.