Health & Wellness commercial scripts

30 practice scripts from VO Journey Academy. Free to record, free to use in your reel. Download the PDF to mark up in the booth, or print it straight from here.

Brain Left the Building

Meditation app · Adult (25-40) · Neutral American · 15 seconds

Three o'clock, and your brain just left the building?

Quietfield Focus Flow is a new set of soundscapes made for deep work. Press play, pick a length, and settle in.

Find Focus Flow in the Quietfield app today.

Lights Out, Mind Off

Sleep · Adult (30-45) · Neutral American · 30 seconds

You're exhausted. So why is your brain still running the meeting from Tuesday?

Lullwell is a sleep app with bedtime stories, slow breathing and gentle soundscapes, made for the minute your head hits the pillow. No alarms. No bright screens. Just a calm voice and somewhere quiet to go.

Try Lullwell free for your first week, then choose the plan that suits you.

Lullwell. Close the day gently.

Twenty Minutes Flat

Fitness · Young adult (18-25) · Neutral American · 15 seconds

No time to work out? You've got twenty minutes.

Hustlebox streams short, high-intensity classes you can do in your living room, your hotel room, or next to your desk.

Your first class is on us. Hustlebox. Start sweating.

Someone to Talk To

Mental health · Adult (40-55) · Neutral American · 30 seconds

Some weeks, everything feels heavy. The inbox. The dishes. The thoughts that show up at two in the morning.

You don't have to carry it by yourself. Lanternwise connects you with licensed therapists by video, phone or message, on a schedule that works for you. Tell us a little about what's going on, and we'll help you find someone who fits.

Lanternwise. Someone to talk to, when you're ready.

Cereal Is Not Dinner

Meal kits · Adult (25-40) · Neutral American · 30 seconds

I had big summer plans. Cook more. Eat more vegetables. Stop calling cereal dinner.

Then June happened.

Pantry Parade got me back on track. Fresh ingredients, measured out, with recipes a tired person can follow. One pan, half an hour, and suddenly I'm the one who cooks with, like, herbs.

Pick your meals online and we'll bring them to your door.

Pantry Parade. Dinner, sorted. Cereal, retired.

Your Plate, Decoded

Nutrition · Adult (30-45) · Neutral American · 30 seconds

What if your dinner came with instructions written just for you?

Forkprint starts with a simple at-home kit and a detailed questionnaire about how you eat, sleep and move. Our nutrition team turns your answers into a weekly eating plan, with recipes and shopping lists that fit your life.

It's not a diet. It's a map.

Forkprint. Find out what works for you. Check with your doctor before changing your diet.

Take the Long Way to Bed

Self-care · Adult (30-45) · Neutral American · 30 seconds

Long day? Heavy shoulders? Run the bath a little warmer tonight.

Hollow Pine Bath Co. makes small-batch bath soaks with sea salt, oat and lavender, blended to help you slow down and unwind. Pour a handful, light a candle, and let the rest of the world wait twenty minutes.

Members get early access to every seasonal blend.

Hollow Pine Bath Co. Tonight, take the long way to bed.

Coach in Your Ear

Fitness · Adult (25-40) · Neutral American · 15 seconds

Headphones in. Let's go.

Coachwave puts a real trainer's voice in your ear for runs, lifts and rides, matched to your pace. No guesswork. No wandering around the gym.

Download Coachwave, and train like someone's got your back.

Sunshine Check

Wellness testing · Adult (30-45) · Neutral American · 30 seconds

Here's a question most of us never ask. How much vitamin D am I actually getting?

Long winters, indoor jobs and busy schedules make it hard to know. Brightday Labs sends a simple finger-prick kit to your home. Mail it back, and you'll get easy-to-read results online, plus questions to bring to your next doctor's appointment.

Brightday Labs. Know where you stand. Then talk to your doctor.

Haunted Ship

Sleep · Adult (30-45) · Neutral American · 60 seconds

Let's be honest about your mattress.

It's been with you through three jobs, two apartments and one very unfortunate haircut. It has a dip in it shaped exactly like you. And when you roll over, it makes a noise like a haunted ship.

It's time to let it go.

Nightjar Mattress Co. builds hybrid mattresses in three feels: soft, medium and firm. Coils underneath for support. Layers of foam on top for comfort. And a cover you can actually unzip and wash, which, let's face it, your current mattress has never experienced.

We ship it rolled up in a box that fits through a normal door, and it springs into shape by bedtime. Then you get a full season of nights to decide. If it isn't the one, we'll come and take it away.

Visit Nightjar online and find your feel.

Nightjar Mattress Co. Your old mattress had a good run. Let it retire.

Skipped a Beat

Healthcare (local) · Adult (40-55) · Neutral American · 60 seconds

Remember your first date? The nerves, the laughing, the moment your heart skipped a beat?

That was romance. But when your heart flutters, races or seems to skip for no reason at all, it may be worth getting checked. It could be an irregular heart rhythm, and it's something doctors see every day.

Other signs can include dizziness, shortness of breath, or feeling tired in a way that sleep doesn't fix. If any of that sounds familiar, don't wait for it to go away on its own.

The cardiology team at Ridgemont Regional Heart Center offers heart rhythm testing and a full range of treatment options, including minimally invasive procedures, all close to home. We'll listen, explain what we find in plain language, and build a plan with you.

Talk to your doctor, or call Ridgemont Regional to book an appointment.

Ridgemont Regional Heart Center. Your heart, our focus.

Still Flutters

Healthcare (local), duet · Mature (55+) · Neutral American · 30 seconds

Cast: DANA MIKE

DANA Remember our first date? My heart was skipping all over the place.

MIKE Mine still does that.

DANA Aw.

MIKE No, I mean it actually does that. Flutters. Skips. Sometimes I get a little dizzy.

DANA Mike. That's not romance. That's a doctor's appointment.

MIKE ...You're right. I'll call them first thing tomorrow.

DANA Ridgemont Regional Heart Center checks heart rhythms right here in town.

MIKE Call today. Ridgemont Regional. Your heart, our focus.

Fall Reset

Nutrition · Adult (30-45) · Neutral American · 30 seconds

Fall is here, and so is your fresh start.

Plateful makes healthy eating simpler, with portioned meals delivered to your door and a personal coach who checks in along the way. No artificial sweeteners. No guesswork. And no standing in front of the fridge at nine p.m. wondering what counts as dinner.

Sign up this month for fall savings.

Plateful. Real food, real support, one plate at a time. Individual results vary.

Groceries, Solved

Meal kits · Adult (25-40) · Neutral American · 15 seconds

Recipes and groceries, together, delivered to your door. Sprout Wagon plans your week and packs your bag.

Sign up online for a little bonus in every box, for a limited time.

Sprout Wagon. Eating well, made easy.

The 7:42

Meditation app · Adult (30-45) · Neutral British · 30 seconds

The 7:42 is late again. The carriage is packed. And someone is eating crisps directly into your ear.

Right. Deep breath.

Tenbreath is a meditation app for people who haven't got an hour on a cushion. Three minutes, ten slow breaths, one calm voice. Do it on the platform, on the bus, or in the loo at work. We won't tell.

Tenbreath. Three minutes back to yourself.

Iron Mill

Fitness, local · Mature (55+) · Southern US · 60 seconds

I've been running Iron Mill Gym on Depot Street for thirty-one years. I've seen every kind of person walk through that door.

Kids trying to make the team. Moms getting their strength back. Retired fellas whose doctor told 'em to move more, who showed up mad about it.

Here's what I tell every one of 'em. You don't have to be in shape to start. That's what we're here for.

We've got free weights, machines, a walking track, and group classes from sunup to sundown. Our trainers will show you how everything works, and they'll never make you feel foolish for asking.

No fancy juice bar. No mirrors on every wall. Just good equipment, clean floors, and folks who'll learn your name.

Come by this week and try us out, on the house.

Iron Mill Gym, on Depot Street in Coopers Bend. You show up. We'll handle the rest.

Older Folks

Fitness · Mature (55+) · Neutral American · 30 seconds

I used to think water aerobics was for, well, older folks. Then I turned sixty-eight and realized I was older folks.

Now I'm in the pool at Harlow Community Center three mornings a week. Low-impact classes, friendly instructors, warm water, and the best gossip in town.

There are classes for every level, and beginners are always welcome.

Harlow Community Center. Come on in. The water's lovely.

Tuesday Night

Meal kits, duet · Adult (30-45) · Neutral American · 30 seconds

Cast: SAM JO

SAM What's for dinner?

JO What's for dinner is the question I've been dreading since noon.

SAM Cereal?

JO We had cereal Monday.

SAM Cereal's undefeated.

JO Not tonight. Tonight, we're having lemon chicken with roasted veggies.

SAM Since when can you make lemon chicken?

JO Since Supper Sorted. Everything comes measured, with a recipe card, and it's ready in twenty-five minutes.

SAM Who are you?

JO A woman with a plan. Set the table.

SAM Supper Sorted. Meal kits for real weeknights.

Pillow Talk

Sleep · Adult (25-40) · Neutral American · 15 seconds

Shh. Hear that? That's nothing. That's the sound of a Hushlane pillow.

Cool on both sides. Shaped to your neck. Soft enough to forget about.

Find your fit at Hushlane online today. Sweet dreams.

Like a Leaf Blower

Sleep, healthcare (local) · Adult (40-55) · Neutral American · 30 seconds

Does your partner say you snore like a leaf blower? Do you wake up tired, even after a full night in bed?

It might be more than a bad night's sleep. Cedar Valley Sleep Center can help you find out, with overnight and at-home sleep studies reviewed by specialists, and a clear explanation of what comes next.

Ask your doctor about a referral, or call us directly.

Cedar Valley Sleep Center. Rest easy.

Open Late

Healthcare (local) · Adult (25-40) · Neutral American · 30 seconds

Sprained ankle at soccer practice? Earache that showed up at six p.m.? A cut that looks like it needs a stitch or two?

Millbrook Urgent Care is open late, seven days a week, and no appointment is needed. Check in online, wait at home, and we'll text you when it's your turn.

For life-threatening emergencies, always call nine-one-one.

Millbrook Urgent Care. On Fourth and Main, for when it can't wait till Monday.

The First Hello

Healthcare (local) · Adult (30-45) · Neutral American · 60 seconds

There's a moment you'll never forget. The room goes quiet, just for a second. And then there's a cry, and it's the loudest, most beautiful sound you've ever heard.

At the Birth Center at Havenport Memorial, we're honored to be part of that moment.

Our private suites are designed to feel more like home than a hospital room, with space for your partner to stay the night. Our nurses and midwives work alongside your doctor to support your birth plan, whatever it looks like. And if you or your baby need extra care, our newborn specialists are right down the hall.

We also offer tours, childbirth classes and feeding support, before and after you go home.

Because a birth isn't just a medical event. It's the day your family begins.

Havenport Memorial Birth Center. Welcome to the world.

Flu Season Checklist

Pharmacy · Adult (30-45) · Neutral American · 15 seconds

Flu season checklist. Wash your hands. Stock up on tissues. And get your flu shot at Fairweather Pharmacy, no appointment needed.

Ask your pharmacist if it's right for you.

Fairweather Pharmacy. Your neighbors behind the counter.

It's All Right to Ask

Mental health · Adult (40-55) · Irish · 60 seconds

Sometimes it creeps up on you. You stop answering the phone. You tell everyone you're grand. You lie awake working out how to get through tomorrow.

If that sounds like you, or someone you love, you're not on your own. And you don't need the right words to reach out.

Harbour Light Counselling offers confidential support with trained, accredited counsellors. We see people in person, in our rooms on Quay Street, or by phone and video if leaving the house feels like too much right now. You don't have to wait for things to get worse. You can come to us as you are.

The first conversation is simply a chat, to find out what might help. You go at your own pace, and you can stop whenever you like.

Harbour Light Counselling. It's all right to ask.

If you're in danger right now, please contact the emergency services.

Quiet at Dinner

Mental health · Adult (40-55) · Neutral American · 30 seconds

My son used to talk my ear off. Then, somewhere around fourteen, he went quiet. Headphones on. Door shut. 'I'm fine, Dad.'

I didn't know if it was normal teenage stuff, or something more.

Talking Tree Family Counseling helped us find out. They work with teens and parents, together and separately, with no judgment and no lectures.

Talking Tree Family Counseling. Helping families find the words.

Mom's Kitchen

Senior care · Adult (40-55) · Neutral American · 60 seconds

My mom has lived in the same house for forty-six years. She knows which floorboard creaks and which neighbor borrows her rake. She was never going to leave that kitchen.

But after her fall last spring, I started lying awake. Was she eating? Taking her medications on time? What if it happened again and nobody was there?

That's when we found Evergreen Hands Home Care. Now a caregiver named Rosa comes by every weekday. She helps with meals, errands and bathing, and reminds Mom about her medications. She drives her to appointments. And some afternoons, they just sit on the porch and do the crossword.

Mom still has her kitchen. I have my peace of mind back. And Rosa? She's practically family.

Evergreen Hands offers flexible in-home care, from a few hours a week to around the clock.

Evergreen Hands Home Care. Helping them stay home.

Porridge and a Putting Green

Senior care · Mature (55+) · Scottish · 30 seconds

When my wife and I moved to Willow Bend, I thought I was giving something up.

Turns out I'd gained a putting green, a woodworking shop, and a chef who knows exactly how I like my porridge.

Willow Bend Residences offers independent and assisted living, with caring staff on hand day and night.

Book a visit and stay for lunch. You'll see.

Willow Bend Residences. Your life, at your pace.

Not a Glass of Water

Nutrition · Young adult (18-25) · Neutral American · 30 seconds

Quick question. When did you last drink water? Like, actual water. Not iced coffee.

Yeah. Same.

Siply is the smart, refillable water bottle that gently glows when it's time for a sip, and syncs with an app that tracks your day. Set your daily goal, pick your color, and let the bottle do the nagging for you.

Siply. Because iced coffee is not a glass of water.

Salt and Stretch

Fitness · Adult (25-40) · Australian · 60 seconds

Picture this. Six in the morning, the tide's going out, and the sun's just coming up over the headland. You roll out your mat, take one long breath of salty air, and for the first time all week, nobody needs anything from you.

That's a Tuesday at Saltbush Yoga.

We're a small, friendly studio right on the esplanade, with classes for every body and every level. Slow flow for stiff mornings. Stronger classes for when you want to work. And gentle yin on Sunday evenings, to set you up for the week ahead.

Never done yoga before? Brilliant. Our beginners' course runs every month, and our teachers will walk you through every pose. No pretzels required.

Bring a mat, or borrow one of ours. Bring a mate, too.

Saltbush Yoga, on the esplanade. Breathe in. Breathe out. Come as you are.

Since Flip Phones

Healthcare (local), duet · Adult (30-45) · Neutral American · 60 seconds

Cast: PATIENT DENTIST

PATIENT I'll be honest. I haven't been to the dentist in... a while.

DENTIST That's okay. How long is a while?

PATIENT Do you remember flip phones?

DENTIST Fondly. Have a seat.

PATIENT Is this going to hurt? Last time there was a lot of scraping. And a lecture.

DENTIST No lectures here. We'll start with a look, take a few quick x-rays, and talk through what we see before we do anything.

PATIENT You're going to tell me to floss.

DENTIST I'm going to suggest you floss. Gently. Like a friend.

PATIENT And if I need work done?

DENTIST Then we'll explain your options and the costs up front. No surprises. And if you get nervous, raise your hand and we'll pause.

PATIENT ...That's actually really nice.

DENTIST We hear that a lot. Now, open wide.

PATIENT Brightwater Family Dental. Welcoming new patients, even the ones who've been hiding.

Practice with these, record them, post them as demos or reels, use them in auditions. Please do not resell them as scripts. © VO Journey Academy · avosjourney.com