



GUEST INTERVIEW TIPS

Thank you for taking ACTION to make America stronger and healthier through fitness, nutrition, or environmental education—and for agreeing to be on our show! We want to do the best job possible promoting your work and passion. For the optimal results, please consider the following tips prior to recording.

- **Prepare:** What do you need to say? We will highlight the business as much as possible. If time permits, we can include other secondary information too. What, Why, When, Where, and how are important.
- **Contacts:** We like to hook up guests' websites, flyers, and contact information. If you have an official website—this is best. If not, a blogsite will help or even FaceBook although FB is restrictive and not always the best contact source. The easier it is for people to find you, the more we can promote what you do.
- **Noise:** Please eliminate as much background noise as possible. Noisy locations, kids running around, **other phones ringing**, etc. all will distract from the message. Noise like this can be VERY loud in the final podcast file resulting in frustrated listeners. If the ambient noise is too unstable, some people might just turn the show off and never hear your message. While it's difficult to eliminate 100% of ambient noise, we will both do the best we can from each end to minimize harsh volume changes and auditory distractions.
- **Phone Source:** We can record the show with a cell phone or land line phone. Cell phones can actually have stronger signals than land lines—just make sure you have a good strong connection. *We would like to avoid VOIP phones as the quality is poor.*
- **Focusing on YOUR Message:** Let's focus on your work and story. Multi-tasking like checking e-mail, web surfing, texting, etc. will detract from the concentration and quality of YOUR show.
- **Call Number:** Ron Jones is the host running the mixer board and recording equipment. He will call you at the determined time from Los Angeles-PST. Ron's unlisted phone is 661.367.6735; his cell phone is 661.993.7874 and e-mail is ron@ronjones.org
- **Format:** Show introduction will be prerecorded before you get on the phone. *We will chat a minute before beginning the actual recording.* After the official recording is complete, we can debrief a minute off the record then when you get off the line, the official ending will be recorded. Our shows range from 30-60 minutes. We like to keep them between 30-45 minutes if possible although this is not mandatory...we'll go with the flow...
- **Have Fun!** Just be yourself, and say what you do because what you've already done is something worth hearing. Let's talk it up—that's the *Avengers of Health* part! ☺