

MY NAME

Celebrity Health, pg 18

When you are active, it is important to eat healthy food.

Nathan Lovett-Murray plays AFL for Essendon Bombers and always eats healthy food so he looks after his body and stays fit.

CELEBRITY HEALTH



This month we take to the footy field to talk health with Essendon's young star Nathan Lovett-Murray

What kind of foods do you eat to stay healthy?

For footballers especially it's important to eat lots of pasta and rice. We also eat lots of vegies and salads. For people just generally it's important not to eat too much junk food and to eat as much healthy foods as you can. Also, drinking more water and not too much soft drink is important.

How does it make you feel when you're eating healthy foods?

It makes me feel deadly when I'm eating healthy and I try to tell friends and family about the importance of eating healthy foods and looking after your body.

What sacrifices have you had to make?

Well, I guess there's a lot to do with your diet and what you can and can't eat, so you can't go out and eat junk food all the time. Then there's not drinking much alcohol. You can't

always go to parties because you can't be out too late, you've got to get your sleep.

Has being involved in sport helped you stay clear of cigarettes and drugs?

Yeah, definitely. I got to an age when I was a teenager where I had friends and cousins who were sort of going down the wrong track and doing all that. To be a footballer, I had to go down the right track. That's where I had to make the decision and not really hang around those people because I wanted to be a footballer and I wanted to make it to the elite level. So it was a decision that I had to make.

What's your health tips for young people?

I guess just doing 30 minutes of activity, two to three times a week. Being active and not sitting around on the coach watching TV all the time. Getting out there and playing sports with your mates and just getting involved in team sports.

HEALTH HELP

Don't be shame. Visit your local AMS if you have a health problem you need to discuss.

WHY DO I NEED AN AMS?

Run by your community for your community, your AMS offers you culturally sensitive treatment from your own mob and access to the health care you need. So if you want to live a healthier, happier life, visit your community-controlled AMS today.

To find out where your nearest AMS is, call Miah at Vibe on 1800 623 430.





Activity 1

Nathan Lovett-Murray eats lots of pasta, rice, fruit and vegetables.
Draw your favourite healthy foods.



Why is it important for you to eat healthy foods?

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Activity 2

Reading for meaning

Read *Celebrity Health* on page 18

1. Nathan Lovett-Murray eats lots of noodles and rice.

- True
- False

2. He also eats lots of

- junk food
- vegetables
- meat pies

3. Which of these is NOT one of Nathan's healthy tips?

- do 30 minutes of activity two to three times per week
- eat more junk food
- go out and play sport with your friends

Activity 3 Player profile

NATHAN LOVETT-MURRAY		YOU
Date of birth	18/11/1982	
Height	190cm	
Weight	87kg	
Where he started playing sport	Heywood Western Victoria	
Favourite foods	pasta vegetables salad	