



Celebrity Health

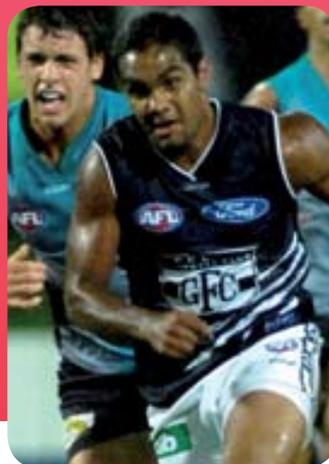


This month we pass the **Celebrity Health ball** to rising **AFL star NATHAN DJERRKURA**.

What do you do to stay fit and healthy?

I make sure to eat the right foods – a lot of fruit and vegetables. I try to stay away from fast foods like Maccas and stuff like that.

I also drink heaps of water throughout the day to keep myself hydrated, and daily footy training keeps me fit.



Why do you choose not to drink or smoke?

So I can be the best I can.

As an AFL footballer what do you concentrate on to stay in top condition?

We do a lot of injury prevention stuff and a lot of work on our core strength as well.

Do you have regular medical checkups?

Yes, we have club doctors who are really professional and we get regular checkups.

What do you do when you are feeling down?

I just give Mum a call. She usually has the answer for everything!



PREPARATION BEFORE READING

Nathan Djerrkura plays AFL for the Geelong club. He makes sure he eats healthy food and drinks plenty of water to stay fit to play. He looks after his fitness and health by choosing not to drink or smoke.

ACTIVITY 1: READ CELEBRITY HEALTH ON PAGE 22

1. List three things that Nathan does to stay fit and healthy.

2. Why has he chosen not to drink or smoke?

3. To stay in top condition, Nathan does a lot of work on injury prevention.

TRUE

FALSE

4. Colour in the bubble to show your answer.

Eating lots of fruit and vegetable and drinking plenty of water helps to keep Nathan fit and healthy.

True

False

5. In the picture, Nathan is

starting in a race

playing football

playing tennis



ACTIVITY 3: BELOW IS SOME WRITING FROM CELEBRITY HEALTH.

Some words have been left out.

Choose the best option to fill in each gap.

Colour in the bubble to show your answer.

Celebrity Health

Do you have _____ medical checkups?

reglar

regular

Yes, ___ have club doctors who are really _____ and we

we

they

proffesional

professional

_____ regular checkups.

make

get

ACTIVITY 4: PLAYER PROFILE: NATHAN DJERRKURA

Personal in formation

Birth
Recruited from
Height
Weight

September 19, 1988
Scotch College, Melbourne
186cm
80kg

Playing career

Team

Geelong Football Club

Career highlights

All Australian Under 18 2006
Northern Territory Under 18 2006

1. What is Nathan's date of birth? _____
2. Which team did he play for before Geelong?

3. How tall is he? _____
4. How much does he weigh? _____