



Celebrity Health

This month, we chat to Rabbitohs superstar Joe Williams about how he keeps himself and his family healthy.

What kind of things do you do to keep fit and healthy?

I try to exercise every day, and I eat healthy foods, such as cereals, fruit and veggies and protein.

Why do you choose to live a health lifestyle?

You feel better in yourself when you're living a healthy lifestyle. Nobody wants to be sitting around in front of the TV on the lounge every day. If you keep active it's only going to help you look and feel better.

Why do you

choose not to smoke or drink?

I made the decision not to smoke or drink early on. If I can benefit from saying no to cigarettes and alcohol, then it's only going to be better for me and my family. I don't encourage anyone to do it.

Being a parent, what do you do to make sure your kids stay happy and healthy?

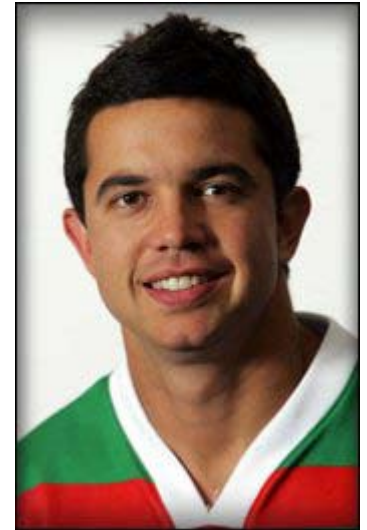
I make sure they always eat healthy foods. Kids especially need healthy foods to help with their physical and mental development. A good diet is the most important thing for young fellas. It helps to ensure that they get a good start in life.





ACTIVITY 1: PREPARATION BEFORE READING

Joe Williams plays for the South Sydney Rabbitohs. He chooses to live a healthy lifestyle by exercising every day, eating healthy foods and not smoking or drinking.



Read *Celebrity Health Check* on page 20

1. According to this report, what two things does Joe do to keep fit and healthy?

2. What four types of foods does Joe make sure he eats?

3. What is one reason that Joe has chosen to live a healthy lifestyle?

4. What is one reason that Joe has chosen not to smoke or drink?

5. What does Joe do to make sure his kids are happy and healthy?



ACTIVITY 3: MORE ABOUT JOE WILLIAMS

Date of birth: 4/09/1983
Height: 178cm
Weight: 81kg
Place of birth: Cowra, NSW
Junior Club: Lakes Raiders, Wagga Wagga NSW
First Grade Debut: Rabbitohs v Sharks - Toyota Park, May 29 2004 round 12
First Grade Games up to 2007: 31
First Grade Points up to 2007: 194 (6 tries, 84 goals, 2 field goals)

1. When was Joe Williams born? _____

2. How old will he be on his birthday this year?

20 21 24

3. Where was he born? _____

4. How tall is Joe? _____

5. Where and when did he play his debut first grade game?

ACTIVITY 4: SOMEONE YOU ADMIRE

Choose a person you greatly admire.

Make a list of adjectives, similes and metaphors to describe this person.

Use these to write a poem dedicated to him or her.

Adjectives (words used to describe the person)



Similes (words comparing the person to other people or things, using the words "like" or "as": a voice as gentle as the wind moving over grass)

Metaphors (like a simile, comparing the person to other people or things, but a metaphor says that one thing is another: a voice that is the gentle wind moving over grass)

My poem
