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**Heaviest ever sumo wrestler gives diet advice – 28th June, 2020**

## **Level 0**

The heaviest ever sumo wrestler gave some health advice. He warned wrestlers to take better care of themselves and eat less. Sumo wrestlers eat a lot. Orora said wrestlers should think carefully about their diet and reduce their calories. He said: "It's never easy to stay healthy as long as you're living the life of a sumo wrestler."

Orora weighed 292kg. He put on weight by eating over 7,000 calories a day. He ate 200 pieces of sushi with beer and extra bowls of rice. This gave him hypertension. He would sleep right after eating. He said: "Just walking or moving was really troublesome." Wrestlers should eat more vegetables and fewer snacks.

## **Level 1**

The heaviest ever sumo wrestler gave some health advice. Orora weighed 292kg when he retired in 2018. He has warned wrestlers to take better care of themselves. Orora told a newspaper that Japan's sumo wrestlers should eat less. Sumo wrestlers have big appetites. Orora said wrestlers should think about their diet. He said they should reduce their calories. He said: "It's never easy to stay healthy as long as you're living the life of a sumo wrestler."

Orora said a sumo wrestler's lifestyle can be unhealthy. He put on weight by eating two big meals a day that contained over 7,000 calories. He ate 200 pieces of sushi with lots of beer. He also ate extra bowls of rice. This gave him hypertension. He said: "I would lie down and nap right after eating, which wasn't good. Just walking or moving was really troublesome." Japan's sumo association said wrestlers should eat more fish and vegetables and avoid snacks.

## **Level 2**

The heaviest ever sumo wrestler gave health advice to other wrestlers. Orora, from Russia, weighed 292kg before he retired in 2018. He has warned other wrestlers to take care of themselves. This followed the death of a 28-year-old sumo wrestler this year. Orora told a newspaper that Japan's sumo wrestlers should eat less. Sumo wrestlers have enormous appetites. Orora said it was time for wrestlers to think carefully about their diet. He said they should reduce their calories. He said: "It's never easy to stay healthy as long as you're living the life of a sumo wrestler."

Orora told reporters a sumo wrestler's lifestyle can be unhealthy. He explained how he put on weight. He ate two big meals a day that contained over 7,000 calories. He used to eat 200 pieces of sushi with a crate of beer. He also ate extra bowls of rice. His diet led to hypertension and fatigue. He said: "I would lie down and nap right after eating, which wasn't good. Just walking or moving was really troublesome." Japan's sumo association gave 10 guidelines for wrestlers. It said they should eat more fish and vegetables. They should also chew food properly and avoid snacks.

## **Level 3**

The world's heaviest ever sumo wrestler has given health advice to other wrestlers. The wrestler's fighting name was Orora. He is from Russia and his real name is Anatoly Mikhakhanov. He weighed 292kg before he retired in 2018. Orora has warned other wrestlers to take better care of themselves after the death of a 28-year-old sumo wrestler earlier this year. Orora told the Asahi newspaper that Japan's sumo wrestlers should eat less. Sumo wrestlers are famous for having enormous appetites and for eating a lot. Orora said it was time for wrestlers to think more about their diet and reduce their calorie intake. He said: "It's never easy to stay healthy as long as you're living the life of a sumo wrestler."

Orora told reporters that a sumo wrestler's lifestyle can be unhealthy. He described how he put on so much weight. He ate two huge meals a day. He had a daily diet containing over 7,000 calories. He said he used to eat 200 pieces of sushi and drink a crate of beer in one sitting. He also ate extra bowls of rice when other wrestlers offered them to him. His diet led to hypertension and fatigue. He said: "I would lie down and nap right after eating, which wasn't good. Just walking or moving was really troublesome." The Japan Sumo Association has published 10 health guidelines for wrestlers. It said they should eat fish and vegetables, in addition to meat. They should also chew food properly and avoid snacks.

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