

Individual presentation Bocs sebon Ceri - Cadw'n heini

Ceri

Helo bawb.

Fy enw i ydy Ceri 'Yr Anghenfil' Williams, a heddiw, dw i'n mynd i ddweud wrthoch chi beth ddylech chi wneud i gadw'n iach ac yn heini.

Dw i'n deffro am chwech o'r gloch bob bore i fynd i redeg. Mae rhedeg yn eich cadw chi'n iach, mae'n eich cadw chi'n heini ac mae'n hwyl.

Mae hi mor oer.

Os byddwch chi yn yfed wyau heb eu coginio byddwch chi'n cael cyhyrau fel hyn. A dweud y gwir, dw i'n yfed tri wy bob bore.

Ych a fi. Gwna rhai sy'n blasu'n well, Glenys!

Dach chi i fod i wneud tua dwy awr a hanner o ymarfer corff bob wythnos. Ond, dw i'n gwneud dwy awr a hanner o ymarfer corff bob nos. Weithiau bydda i'n chwarae pêl-rwyd.

Aaa, weithiau bydda i'n chwarae tenis.

Aaaw Aaaaa neu weithiau, dw i'n aros adra efo'r teulu a chael gêm o wyddbwyll.

W Aaaaa.

I orffen, un o'r pethau pwysicaf i wneud ydy sicrhau eich bod chi'n cael wyth awr o gwsg bob nos.

Felly cofiwch, gwnewch yn siŵr eich bod chi'n cysgu fel mochyn.

Translation

Ceri

Hello everyone.

My name is Ceri 'The Beast' Williams, and today, I'm going to tell you what you should do to keep healthy and fit.

I wake up at six o'clock every morning to go running.

Running keeps you healthy, it keeps you fit and it's fun.

It's so cold.

If you drink raw eggs you will have muscles like this. To be honest, I drink three eggs every morning.

Yuck. Lay some which taste better, Glenys.

You're supposed to do around two and a half hours of exercise every week. But, I do two and a half hours of exercise every night. Sometimes I play netball.

Ahhh, sometimes I play tennis.

Aaaw Ahhh or sometimes, I stay at home with the family and have a game of chess.

Ooh Ahh.

To finish, one of the most important things is to make sure you have eight hours of sleep every night.

So remember, make sure you sleep like a log.