

Woman's Own



Julia Bradbury

**'I found
A LUMP IN
MY BREAST'**

**Slimfast
Time
to get**

Lose 2lb
a week
with our
exclusive
plan

**BACK ON
TRACK?**

WILLIAM & HARRY'S LA SHOWDOWN

**Can the brothers work out
their differences?**

**The
hardest
words
a mum
could
ever
say...**



**Living
with
loss**

Life advice

**How to be
kinder to
yourself**

Plus ways to deal
with depression

**YOUTH
BOOST
your neck**



**11
beauty
buys that
really
work**





'I feel blessed to be turning 50!'

TV presenter Julia Bradbury reveals why she's so grateful to be celebrating her milestone birthday this week

She turns 50 on 24 July and, while many of us dread hitting our landmark birthday, presenter Julia Bradbury is grateful. Having started living with husband David Cunningham at the age of 40, the countryfile star now has three children – Danny, who's almost 10, and twins Xanthe and Zara, five – and they have given her 'a vigour for life'.



Yoga is a daily discipline for Julia

When we catch up with Julia, she's full of energy and, despite a recent cancer scare after she found a lump in her breast, is feeling great, thanks to more time than ever in the great outdoors during lockdown. Julia reveals how nature helps her mental well-being and how she's living past her health scare...

How do you feel about turning 50?

Someone said to me, 'You're getting old,' I said, 'That's good, because the alternative is a lot worse.' I feel very good. I came to motherhood late in life – I had my first child when I was 40. What it's my children that have given me renewed energy and vigour for life. We very much have something to live for.

Tell us more about your recent health scare...

I actually found the lump in my breast while I was away on a work trip in Costa Rica before lockdown began, and I told myself I must do something about it when I got home. And then I got home, but whenever I get back from a trip, it's always quite a big deal for my kids because they've missed me terribly, so we get thrown into our togetherness. That bubble of loveliness took me away again. Then, a few more weeks into lockdown, a friend of mine sent me a message saying, 'I'm going in tomorrow to have an operation – they've discovered breast cancer.' And I had the shock of my life. I then had a Zoom consultation with my GP and, luckily, I got to see a consultant within three days.

What was the outcome?

I'm absolutely full of gratitude that I was diagnosed with microcysts. They're common, and it's



Filming on the Isle of Man

incredibly rare for them to develop into cancer, but it's something for me to keep an eye on. It was petrifying.

What's the best thing about being a mum?

Where do I start? I think being a mum saved my life – it might sound dramatic, but I mean in an emotional way. Parenthood makes you experience and understand things in a different way. Becoming a mum realigned me.

Do you spend a lot of time outdoors with the children?

One good thing to come out of lockdown is people have re-engaged with nature on a small scale. The kids and I have been planting things – runner beans, tomatoes and radishes. Nature and spending time in green spaces is massively important for everyone's mental health.

Do you do any other types of exercise?

I mix up my exercise. I do yoga, I go to the gym and I walk. I have to spend time outside every day, because for me it clears the mind and puts me in a good place, even if I'm in a really bad mood.

Tell us about your project, The Outdoor Guide...

It's a website my sister and I set up about four years ago on the back of me being bombarded with queries (from her Countryfile appearances). Whenever I'm doing a TV series, there are a few things people want to know – where I got my outdoor kit, or my favourite walks or pubs. The Outdoor Guide has all that information and can be downloaded for free.

Julia is co-founder of The Outdoor Guide; theoutdoorguide.co.uk



On location for ITV's The Greek Islands with Julia Bradbury



Julia's children are her reason for living