

Be inspired every day!

Woman's Weekly

18 August 2015 £3.99

THE HEALTH SECRET



You **NEED** to know

LIFE SAVING DOCTORS' ADVICE



I STARTED A BUSINESS with just my whisk!

Filling LO-CAL SUPPERS



PLUS Preserving summer produce

Julia Bradbury

I can't wait to hug my parents again!



All £20 or under

Create a relaxing LIVING ROOM



I feel blessed to BE A MUM'

Julia Bradbury on family life and why she slowing down just isn't for her

The
**Woman's
Weekly**
Interview

For Julia Bradbury, the journey to motherhood wasn't easy, but now she couldn't imagine life without her three children. The presenter and nature enthusiast, 50, suffers from endometriosis and previously feared that she'd never be able to conceive.

However, at 41, she and partner Gerard Cunningham welcomed their son, Zepherus, now nine, before undergoing numerous IVF attempts to conceive twin daughters, Kaithe and Zena, now five.

'It has been the most beautiful experience,' reveals the former *Countryfile* host. 'I feel incredibly blessed and

very lucky that I've been able to enjoy motherhood. It's no secret that I underwent IVF to have my girls and it's very rewarding.'

Julia - who last year explored her roots in TV series *The Greek Islands* - also reveals that her children have made her want to be a better person. She explains,

'You need to do everything you can to make sure that they have the best possible lives. I think it makes you less selfish and it definitely rounds off a lot of your "bad" bits!'



With *Countryfile* presenter Matt Baker (left), and visiting the Greek Islands



On holiday with Gerard and the children



Despite the fact she and Gerard have been together for more than a decade, Julia insists they have no plans to tie the knot and has described herself as 'happily unmarried'.

But that doesn't mean they take their relationship any less seriously. 'The secret is that you have to be good friends and have an understanding of each other,' Julia explains. 'You need to have common ground, and for a lot of people that is children. Along with that comes a great deal of patience that we all need with each other.'

Julia - who thanks to her many series exploring the best

of Britain's countryside and walking destinations, is also a keen walker and fitness enthusiast - reveals slowing down is not for her.

'I think if I worried about all of that and stopped being active, that would speed

up the ageing process,' she says. 'There are blue zones all over the world - in Greece, Costa

Rica, Italy - where people in communities live to extraordinarily old ages.

They eat a very healthy diet, which depends on their location. So in Greece, for example, olive oil is important. And the older people in their

'I think being active is the key to staying young'



THE WALKS
WALKING WITH JILL

It's not like we're out there and all of it."

"We gather together - it's so exciting - you know every year I see you and you see these old friends [grandchildren] looking around at the park. Every day they come down to the beach and make their way into the sea. They're active and I feel that's the key to staying young mentally and physically."

As someone who has been presenting for over 20 years, you might not think there'd be much left on Jill's bucket list - but she's not sure on that one. "I want to make more programmes where I am actually involved with the production team. It's great to be involved with the writing side of things and the narrative of the programme. And I want the new audience I've started with *Class* Peter Phillips to continue to grow."

But it's not just her work that Jill is focused on now - it's the work. A definite ambition of mine is for my children to be happy and healthy. And I let my parents be low for as long as possible - I can't wait to hug them again!

It's also a re-broadcast of the website *The Outdoor Queen*, which details hundreds of walks around the UK and throughout nature and the outdoors.