



# Roger Bradley Fitness newsletter

## Fitness and health studios



Situated in the sympathetically converted old stable block at Friars Court, Clanfield, Roger Bradley's Fitness and Health Studios offer the ideal facilities for you to participate in personalised exercise and health programmes.



Whether you are exercising under Rogers skilled instruction in the well equipped fitness suite or having your muscles revitalised with a sports massage in the Heath Studio, Roger and his expert team will give you focused individual attention to improve and maintain your fitness and wellbeing as well as encouraging and motivating you to achieve your goals.

The fitness suite is designed for individual or small group sessions. Roger can assess your

current physical ability and create with you a tailored fitness programme to build up to your real capabilities through progressive improvement. You will be encouraged to set achievable goals which can be met on a step by step and measured basis.

In the health suite a range of treatments including sports massage, dietician & nutrition, reflexology, homoeopathy and craniosacral therapy are available. Here Roger and his

team of qualified therapists can discuss, guide and provide the therapy to promote health & wellbeing and help alleviate those symptoms often associated with a modern day lifestyle.

Friars Court is situated on the A4095 just south of Clanfield and there is plenty of client car parking available outside of the studios.

### Friars Court

The studios of Roger Bradley Fitness and Health are situated in the sympathetically converted Old Stables within the grounds of Friars Court.

There have been buildings on the site of Friars Court since 1149 when the Monastic Knights of St. John of Jerusalem founded their first 'Hospitallery' in Oxfordshire. Then the resident friars would have offered rest and refreshment to the weary medieval traveller on pilgrimage to Oxford. The picturesque current Cotswold stone house, home to the Willmer family since 1917, has stood on its moated site close to the River Thames for well over 300 years.



Today the tranquil, verdant grounds of Friars Court are opened exclusively to private groups for family gatherings, anniversary celebrations or escorted tours of the grounds and gardens. With nine areas licensed for civil ceremonies within the house and grounds, Friars Court has now also become one of the most popular wedding venues in the county. The Willmer family pride themselves on continuing the house's ancient tradition of hospitality. More information can be found at [www.friarscourt.com](http://www.friarscourt.com)

For more information or to book a particular session call **Roger Bradley Fitness Ltd.** on **07939 247556**



# Continuing Success

I have known Roger for over ten years. He has known me unfit and large (size 18) to fit & normal, whatever that is (size 10). I have completed two half marathons, the Banbury 15 mile and now regularly run competitively for Woodstock Harriers, 5km and 10km races and cross country competition in the winter.

Rogers is always encouraging and continuously helps me set challenging goals which when achieved has a very positive effect on me overall. I also enjoy how friendly and sociable his Monday night circuits at Henry Box are which keeps me coming back. It is for all abilities and I have made good friends. In fact I have brought my daughter, husband and recently my sister-in-law into the world of Roger Bradley.

My daughter, Rebecca was fifteen and trying to get into the Army. She had to run 1.5 miles in under 13 minutes. I could not get her to run further than half a mile, so I got Roger involved. She did it in within the time and has now been in the Army for eight years. She has built on her fitness and does 12 mile tabs in full combats, boots and 15kg backpack. She has represented the Army competitively in Nordic Skiing and run the French Riviera Marathon 2008. She has completed tours of duty in Iraq and Afghanistan. When at home she has run 'Race for Life' and the Thame 10k with me, come to Roger's Henry Box circuits and still takes advice from him.

My husband, Richard was always busy 'Sorry I need to work on the computer... mow the lawn... do something else!' He saw the change in me over the years and how I got and kept the weight off, so for his 53rd birthday I gave him a one to one with Roger at his studio. He came home tired and with his own exercise plan. Six months later he had another hour session and updated his exercise plan. Three years on and 20 lbs lighter he now also comes to Henry Box circuits and we have a joint twice monthly session with Roger.

More recently my sister-in-law heard us talking about how much fun we had getting fit. She now also sees Roger on a regular basis and is becoming fitter.

Susan Haines



Susan - Thame 10k



Rebecca - Nordic Skiing

## Help for Heroes

In 2007 I signed up to do the Help for Heroes 350 mile Big Battlefield Bike Ride. Having used Roger to get me into some sort of shape in the past, I went to him with 3 months to go and it was very interesting how quickly one's level of fitness raised with the added benefit that at the same time the bodyweight fell! Latterly I was cycling 200 miles a week and going to Roger for two hours a week. I did the ride quite easily and was 1.5 stone lighter than when I started. As somebody with no self-discipline of any sort I found that training with Roger was a commitment and a schedule that really worked for me. I would go to Roger every day if I could but life isn't like that so I'm permanently on the back foot feeling guilty!

Simon Henson

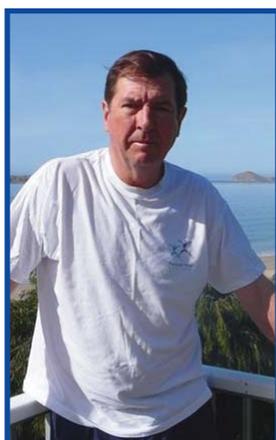
## What a picture!

Elvis isn't dead, he's just admiring Roger's T-Shirt modeled by Laurence on a recent visit to Gracelands, USA.

It's surprising where Roger's T-shirts do turn up, not just next to celebrities but also in exotic locations such as Adelaide. So if you have a photo of Roger's T-shirt on the top of Kilimanjaro, surfing in Hawaii or standing next to someone famous then Roger would love to see them.



You can see more photos on Roger's website [www.rogerbradley.co.uk](http://www.rogerbradley.co.uk)



## Dear Roger,

The attached photo of me (with a generous smile) is taken at our holiday home in Victor Harbour, 60 miles south of Adelaide in South Australia .

It was taken in early November, when the temperature varied between 20 and 30 degrees. In the last two weeks the temperature there has been above 40 degrees, whilst we have been doing our best to get it over 4 degrees here!

I have missed seeing you and there is a lot of work to be done! I shall not write any excuses now, but rest assured that I have a lot "up my sleeve" and I can access those if you pick on me when I see you! - See you on Monday.

Robert J. Champion de Crespigny

# How is it at 62?

## It's pretty good but much slower....

After being involved seriously in three different competitive sports during my lifetime, I currently play rugby for Witney Angels ladies rugby team. Until 5 years ago I was also playing hockey for Witney Ladies and prior to that I was an international dinghy sailor competing in national, european and world championships ... so how am I still at it now? Me playing rugby is really the fault of my rugby playing partner Bruno (Martin), who suggested I take up the sport to keep fit for hockey! It's not a game I thought that I would ever play - but I've discovered its great fun but you have to be fit, strong and healthy to avoid injuries and be any good at it. Also I have to say that taking up the sport at the age of 49 yrs old is probably not the norm.... However age was not a problem as what I do have is a stubborn 'can do' approach to a chosen sport until proven conclusively that I cannot do it. I guess the tell tale signs of when I 'cannot' do it are when I'm far too slow, or



bits of me fail to work or wear out. In other words, when old age has actually won in the end.



### Problems at 62

Physically, I have found that the first sign of 'weakness' has been in my legs, I don't have very big legs (in fact they are skinny) but they are comparatively strong. I am definitely losing the 'bounce and spring' in them which is disappointing, muscle power is so difficult to maintain and it's even more difficult to 'build muscle' in the legs as you move. Neither do I have a large lung capacity, it's not part of my physiological makeup or attributes so I have to work physically very hard to try to make the very best of what I have. For me at 62, I find I have to consistently train all year round because if I have a break for more than a week, to build up my aerobic capacity again is seriously hard work.

Sprinting or excessive demands e.g. steep or long hills really sap my stamina more so now. However, I have over the (very many) years developed very strong core strength as during my sailing career I'd be hanging horizontally out of a racing dinghy with my feet hooked under toe straps for hours on end and be totally reliant on strong stomach, back and leg muscles to keep the boat upright. Also had to have strong arm and shoulder muscles to trim and pull in the sails, so with this background I am able to train and play rugby without too much of a problem, even now. The main problem though is running fast enough to catch the opposition's speedy players.

### What's the motivation?

An ongoing desire to keep fit and take part in a competitive sport so I can lead a healthy, happy life is the motivation. When I do not enjoy my chosen sport anymore I will change to another sport – but fitness is the key to enjoying and competing at any level. And I am positive that the weights sessions that I do at least once a week help with maintaining healthy bone density and prevent the onset of osteoporosis.

I doubt I will ever stop training in some capacity as I have trained for playing a sport since I was 11 yrs old, its a way of life for me and I appreciate the 'feel good factor'. Ironically now my three sons are grown up and have left home (and even though I am at present in full time work) I am enjoying having more time to train and play than ever before, I cannot waste this time can I?

### What helps?

I have to say that even though I've been involved in training programmes under the guidance of numerous coaches (including national coaches) for over 25 years, since I've been under the watchful eye of Roger B and been bullied at Monday circuits for the last nine years my stamina and core strength and overall fitness has improved and stabilised more than I ever thought it would, he's given me insight and huge encouragement on to how to keep going during these older years... thanks Rog! (I do avoid him at La Santa though).

### What else helps?

Supplements – namely, daily doses of cod liver oil, glucosamine and chondroitin to fend off the arthritis and maintain healthy cartilage and joints. A 'Gatorade' drink during training & gym sessions helps with rehydration and 'replenishing' used up vits/minerals etc.

**Whats next?** – RCM's, my own fitness programme, rugby training sessions during the week and play games during the 2009 /10 season, maybe longer... when truly aged, then its golf (sorry golfers!).

**CONCLUSION:** Reading this I am so..oh..oh boring! I really must get a life and start living before it's too late.

Debbie G

# Fit for the road

Being on tour can be physically and mentally grueling. A point not lost on Thom Yorke lead singer and principal songwriter of the Oxford based alternative rock group Radiohead. Thom enlisted Roger's assistance to get him that bit fitter and through the rigours of his recent successful tour on the road in American.

Roger has worked with Thom to create a set of warm up and cool down exercises for before and after his stage performances. Roger also crafted a training programme which would fit in with Thom's routine whilst on tour.

However, Rogers 'road' challenge started earlier by training and preparing Thom for the Eynsham 10k road race. Thom who has just crept over 40 years old completed the course (with Roger running alongside him giving encouragement and support) in a creditable time and raised funds for the Oxford Canal Restoration project.

Amongst his many accolades Thom has been cited among the most influential figures in the music industry and one of the top singers of all time. Thom recons Roger is pretty good at what he does too!



# Lycra and Wedding dresses

Comedy writing duo Laurence Marks and Maurice Gran knew that lying in a darkened room with wet towels over their heads might give them the inspiration to write the scripts for their many hit shows; Shine on Harvey Moon, Birds of a Feather, Goodnight Sweetheart, and Love Hurts, but it wasn't doing much to keep them fit.

It was 1996 when they decided that they really ought to find the time to undertake regular fitness sessions. Laurence's ambition was and I quote "to get into that wedding dress, the most beautiful wedding dress in ivory silk, but no matter how hard I tried, I just couldn't get into it. I thought if I could lose half a stone I would look a million dollars". Mmmm... a bit of artistic scriptwriting licence I think.



**Laurence and Maurice discuss their latest project about a Personal Trainer**

However, Maurice's ambitions were even greater. He wanted to train to run a half marathon...in a wedding dress and knew that only with the help of organised training would he be able to do so.

Having found their trainer, they began what has now been a regular (nearly fourteen years) training routine. They can say, without any fear of contradiction, that without this training programme they could never have got into their respective

wedding dresses and now they find they can wear them most of the time.

"Bigger the fashionable track suits and state-of-the-art trainers, we come regularly to the gym in our wedding dresses because we can now get into them thanks to you Roger."

So what of the future? They will continue their arduous training programme to meet their new targets. They want to get into their new skin tight Lycra swimsuits which are even a tighter fit that was their wedding dresses, and know that with Roger's help this is not an impossible dream.

But can Laurence and Maurice top their latest fabulous hit musical 'Dreamboats and Petticoats'? Perhaps their next big hit could be based on an extremely enthusiastic and encouraging personal trainer, whom they murder by tying him in chains to his new vibrating power plate machine. Their inspiration for this action could come from none other than Alan B'Stard M.P., star of another of their hit comedies, The New Statesman.





## Sandie's Poem

So you feel unfit, Unhealthy?  
And gaining weight quite badly?  
Why not take a big fat loan  
And book up Roger Bradley.

The investment will be worth it,  
He will make you look your best  
Then you can show off your new body  
In a Roger Bradley vest.

To get this perfect body  
Will take blood sweat and tears  
An hour session once a week  
You'll be right in 20 years.

His gym is based in Clanfield  
Converted from a stable  
And in the barn attached  
A much needed massage table!  
Like another from a stable

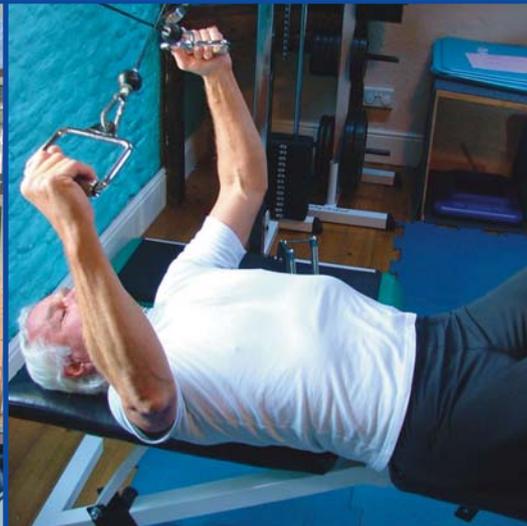
He'll work miracles and fulfil your dreams  
He'll turn your wine into water  
And your pizza into greens.

With massive weights to lift  
And a row of cardiac machines  
You will soon be toned and lithe  
And not bursting at the seams

However, don't be fooled into booking  
The Canaries bi-annual trip  
This is NOT a holiday- no sand or sun,  
Just beastings and a whip.

So if all this sounds appealing,  
Why not become a fitness freak,  
You'll just be cheating yourself,  
If you don't get Rogered every week

Sandie Sharples



# Roger Bradley - A Profile

Roger Bradley has provided personal fitness-training and sports therapy for over ten years with the knowledge and understanding which has grown from his earlier sporting roots.

Having represented both his school and the Air Training Corp at running events Roger also achieved Gold in the Duke of Edinburgh Awards Scheme. After joining the Royal Air Force he rose to the rank of deputy Head Chef in the Officers' Mess catering for formal VIP functions as well as serving the essential needs of serving servicemen and women.

Whilst gaining valuable experience in nutrition, Roger's love of athletics and fitness also continued to thrive, he competed, for the RAF, in events in Belgium, Denmark, France, Germany and South Africa. In 1995 Roger became the RAF's 800m Champion; he also achieved the Club Coach Level 1 British Athletics Award.

Towards the end of his fourteen years with the RAF Roger turned his attention to the future. By gaining qualifications in Fitness Instruction & Personal Training; Sports Therapy & Rehabilitation; Sports Massage and Optimum & Sports Nutrition Roger would be able to use his experience, training and motivational skills professionally: 'Roger Bradley Fitness' was launched in 1999.

Initially, Roger worked at private schools and youth clubs whilst also training both Witney and Chipping Norton rugby clubs. His training and rehabilitation work at West Witney and Oxford Hawks hockey clubs enabled several players to overcome knee injuries and return to Nation League competition. He also began creating individual programmes for private clients training in their own homes. With his inimitable motivational style, Roger helped one client drop from a size 18 to a size 10 in a year and another to shave her London Marathon time by 30 minutes to under 4 hours. Roger also ran classes at the Windrush Leisure Centre and began his Monday evening Circuit Training sessions which are now held at the Henry Box School gym and are as challenging as ever.

For Roger, a permanent base was the next logical step; a couple of chance conversations lead him to Friars Court in Clanfield and the creation, in 2005, of the

Roger Bradley Fitness and Health Studios. In the sympathetically-converted Old Stables Roger and a team of therapists now have a well-equipped fitness and health suite where clients can concentrate on achieving their goals in a peaceful, rural setting.

Roger continues to participate in competitive club competition running for Woodstock Harriers, Oxford City, British Milers Club, and Southern Counties Veteran Athletics Club. His strong events are 800m (Personal Best - V40 2:04 mins), 1500m (PB V40 4:20 mins) and 10K. (PB V40 34:56 mins). Of special note Roger won gold in the (V40) 800m British Masters Indoor Championships 2008, and gold in the (V35) 800m and 1500m SCVAC League Western Division 2007. Roger has also organised several cross-country county races on behalf of Woodstock Harriers at Friars Court.



Roger thoroughly enjoys encouraging and inspiring his clients whether they are young or old, 'super-fit' or 'could-do-better'. Roger's aim is to ensure that each and every client maximises their potential.

# Circuit Training

Circuit training is an excellent way to maintain and improve your fitness, giving you an all-over body work out, helping to improve muscular strength, stamina, endurance and agility. It's also a great way to tone and firm.

Each of Roger's circuit training sessions last for an hour and a quarter, made up of three distinct elements - warm up, full on exercise and cool down stretching. No two weeks are the same but be assured that Roger will be giving you continuous encouragement throughout whilst he helps you to develop your upper body, lower body and core regions.

Whilst participants of mixed abilities and ages exercise together, Roger adapts the intensity of his circuit sessions to the capabilities of the individual. But whether you are a beginner or elite athlete be warned, you will be challenged. Exercises generally involve use of mats, weights, benches and running in the gym, moving from one exercise station to the next.

Typical sessions could include: squat jumps, burpees, skipping, squat thrusts, high knees, jumping jacks, dumbbell squats, biceps curls, lateral raises, shoulder presses, triceps extensions, front raises, arm rows, push-ups, bench dips, lunges, calf raises, sit-ups, supermans, crunches, hip thrusts, step ups, planks, sprints .... the opportunities are endless. And remember if you have a favourite, Roger will always do his best to include it!

Roger's circuit training sessions are held during school term time at Henry Box School gymnasium in Witney. During the summer school holidays sessions are held outdoors in the charming grounds of Friars Court, Clanfield where Roger's Fitness and Health Studios are situated. Oh! and rain doesn't stop play.

Sessions are held on Mondays from 7.15 – 8.30 pm, at a cost of £5.00 per session. Just turn up!

## Healthy Haiku

"Come on", cries Roger,  
"No pain, no gain", blame the Pizza,  
Stop Cheating and Change!



## Seven Years On

I have to confess that my initial mercenary reason for attending Roger's classes was to copy his ideas! Faced with the prospect of teaching circuits to a group of Year 9 students I was determined that they would not say "this is boring". A colleague of mine from Henry Box School mentioned that Roger ran a circuit training session for their staff and invited me to join. I hasten to add that I did ask permission from him to use his ideas and over the next couple of years I collected a wealth of innovative well balanced routines. Not once did he repeat a circuit and I always came away with a fresh idea.

I do not teach circuits now but seven years on I am still training with Roger on a Monday in his later evening session. I found that my own fitness level improved as a result of going to his sessions and my hope is that if I keep going I will be able to continue playing tennis for just a few more years!

Thank you Roger for all your help, guidance and patience!

Pam Selby

**Roger Bradley, The Old Stables, Friars Court Clanfield, Oxon, OX18 2SU**

**Tel: 07939 247556 [www.rogerbradley.co.uk](http://www.rogerbradley.co.uk)**

