

NEIL 'RAZOR' RUDDOCK

A true football legend

An iconic figure of 90s football, Razor might have made his name as an uncompromising Premier League defender, but his focus these days has switched to health and wellbeing after his own battles with physical and mental health issues.

After appearing in the popular TV show Harry's Heroes, in which former manager Harry Redknapp brought ageing stars out of retirement and got them back on the football field, Razor struggled so much he ended up seeking medical help – leading to the life-changing diagnosis of a heart condition.

Determined to tackle the weight problem that was the main cause of his issues, he underwent surgery and changed his diet and drinking habits, losing seven stone and finding a new lease of life. Taking part in the BBC's Celebrity MasterChef nurtured his love for cooking and instilled a new love for creating healthy, wholesome meals.

Now, while he's still happy to reminisce about his time on the pitch, when he enjoyed success with clubs including Liverpool and West Ham, he's more likely to want to engage his audience in his approach to the challenges he's faced since he retired from the game.

With a desire to motivate people to make their own lifestyle changes – whether working on a healthy eating regime or getting help with mental health issues – Razor is a captivating speaker, at once entertaining and inspiring, and a guaranteed success with any audience.

