



### Personal Statement – Richard Johnson

I have been involved in the health and fitness industry for almost 20 years after training in complementary therapies such as Aromatherapy, Nutrition and Massage. At age 23, I started my first business, running a Health Food store and opened my second store 12 months later.

I decided to change track in my mid 20s, and after lots of research into soft tissue treatments decided to train as a Sports Therapist. After working with many different sports clubs, I decided to sell my health food stores, and started working full time as a Sports Therapist.

Towards the end of the 90's I went into teaching Sports Massage, and decided to further my own knowledge by going 'back to school', and embarked on two years of further study in sports therapies and fitness, whilst juggling a very successful sports injury clinic, and part time teaching!

In 2000 I started a new business, Active Health Group, after finding a gap in the Sports Therapy training market, and have trained over 1,000 people, many of whom are enjoying successful careers in the industry.

I am actively involved in the Sports Therapy industry, and am currently Chair of the Sports Therapy working group at General Council for Massage Therapies (GCMT), and also a PSB member of the CAM regulatory body, Complementary & Natural Healthcare Council (CNHC).

I am also embarking on a part time Sports Therapy degree at Teeside University, to ensure that my skills as a sports therapist are kept up to date, and a DTLLS Diploma in Teaching to add to my current teaching qualifications.

I also co-own a successful therapy clinic in Manchester, City Therapy, where I work with people from all walks of life, treating mainly back pain and postural problems. I also offer free counselling sessions through a charity, to people who cannot afford the therapy.

Leisure time is usually spent in the gym, and I am actively involved in raising funds for orphans in Malawi. In 2009 I part funded a colleague to visit the country to train some of the locals in massage techniques to help with some of the lower limb and postural problems that are very common there. My goal is to open a treatment centre in Malawi, and to train and fund locals to work in it, and offer free treatments to those who need them.

I am extremely passionate about Sports Therapy and CAM, however, I am just as passionate about ensuring the profession is given the recognition it deserves, by working to ensure practitioner and training standards are kept high.