

# Pictures and Press Cuttings

wotton-under-edge  
chamber of trade  
[www.wotton.biz](http://www.wotton.biz)

If you ever find a Press Cutting that isn't here then it would be appreciated if you could send a copy of it to Trevor Mason at [undertheedgemedi@gmail.com](mailto:undertheedgemedi@gmail.com). Many thanks.



## Shopping can help a weighty problem

THERE is now more reason than ever to shop local, according to new research by a high street chain.

Debenhams has discovered that the average British woman, while browsing in shops, walks the equivalent distance of London to Cardiff in a year – in excess of 150 miles – and Wotton-under-Edge Chamber of Trade is encouraging shoppers to make the most of shopping's healthy benefits on home turf.

The research found that 2.5 hours a week spent browsing,

shopping and walking, combined with carrying heavy bags full of bargains, burns off around 385 calories. Men tend to cover about half that distance in just 50 minutes' shopping.

Chamber president Alex Wilkinson said: "Now that the recession is officially over then what better way to lose weight for the summer than to shop in the town.

"There is little that cannot be obtained locally, our traders couldn't be more helpful and you don't have to travel miles to do it."

For further information contact:  
Trevor Mason

**under-the-edge media**

Tel: +44(0)1453 842655

Mob : +44 (0) 785 4471109

Email: [undertheedgemedi@gmail.com](mailto:undertheedgemedi@gmail.com)