



## PRESS RELEASE

### FIVE WAYS TO A HEALTHY LIFESTYLE WITH THE WI!

Stay fit, eat a healthy diet, keep a lively mind, meet friends and have fun! That's the message from the WI at the Three Counties Show this year.

With the overall theme of encouraging a healthy lifestyle, the WI marquee, this year run by the Gloucestershire Federation, will be a friendly place to sit and enjoy a good lunch, or a cup of coffee or tea with home-made cakes and biscuits, whilst enjoying an atmosphere of fun and lively activity.

WI members staffing the marquee will be wearing pedometers to check just how far they walk over the three days. You can take part in some fun ideas on staying fit too, and take up the "hula-hoop for a minute" challenge.

Get some tips on encouraging children to eat a healthier diet with demonstrations of some innovative ideas for lunchboxes – "Oodles For Noodles", "It's A Wrap" and "Give Me Five". There are competitions and activities to keep the children busy too, including a treasure hunt around the showground.

Joining the WI with its wealth of activities or taking courses at the WI's residential college, which is open to everyone, are good ways to keep a lively mind. Meet WI members and find out more about the largest women's organisation in the country and how it can bring fun and friendship into your life.

The Three Counties Show runs from Friday 13<sup>th</sup> to Sunday 15<sup>th</sup> June at the Malvern Showground.

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#### Notes for Editors:

For further information, or to arrange interviews etc., please contact :

Sue Wilson, WI Press Officer for Gloucestershire  
From Thurs 12<sup>th</sup> to Sun 15<sup>th</sup>: At the WI marquee at the showground or mobile no. 07759 134813  
Before Thurs 12<sup>th</sup>: Tel. 01452 423257 or e-mail [wilsons.wanderers@blueyonder.co.uk](mailto:wilsons.wanderers@blueyonder.co.uk)

The WI marquee is situated by the South Gate entrance to the showground.

More info about the WI at [www.thewi.org.uk](http://www.thewi.org.uk) and about the WI in Gloucestershire at [www.gfwi.org.uk](http://www.gfwi.org.uk)

ENDS 06/06/08