

Fields

of SIDMOUTH

PRESS RELEASE

November 2nd 2009

Weight loss puts pounds in DAAT's funds



Julia Quigley, a sales advisor in Women's Fashions at Fields of Sidmouth, has just reached her target weight after dieting for just over 8 months, and raised £90 for charity in the process.

Through a healthy eating policy which was low in fat, with lots of fruit and vegetables, cutting down portions in general and eating little and often, Julia has managed to lose a massive 4st. Says Julia, "the staff at Fields have been an enormous support in encouraging me to stay focused. They suggested sponsoring me and so I decided to raise the money in aid of Field's chosen charity of the year, the Devon Air Ambulance Trust."

Julia, who lives with her husband who is a chef, in Sidmouth, has also been very disciplined in going for walks, accompanied by her dog.

"I am delighted to have reached my target weight. I feel so much healthier and confident in myself and of course, I can now treat myself to the new fashions that I work with!", she added.

The sponsored slim is just one of a number of events Fields have organised to raise funds for the Devon Air Ambulance Trust.

~ PRESS RELEASE ENDS ~

For further information, please contact Claire Jenkins on 01395 515124 or email cjenkins@fieldsofsidmouth.co.uk.

Note to Editors: Fields of Sidmouth is one of the few select, family owned and managed independent department stores left in the UK.