

## Press Release

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### Would you trade 5 Years for the perfect body?

Ten per cent of women when asked what they would trade for the perfect body said up to five years of their lives, according to a study carried out at various universities across the UK.

Inspired by this statistic, writer and actor, Hayley Davis, performs *5 Years*, her new solo show at The Edinburgh Fringe Festival, for one week only, from 21st - 28th August at Espionage, Mata Hari (venue 185) at 12.30pm. The monologue takes an amusing look at the modern day obsession with our bodies and how this can be affected by people's race and sex.

Hayley Davis said: "I wrote the play because, even though it's largely women who are bombarded with images of the perfect body, it's an issue that affects everyone - all ages, both sexes – and seems to start at an increasingly young age.

Set in an alternative reality where the 'trade off' of life years for the perfect body is a possibility, the lead character, Amanda, is the first woman to enter into the controversial transaction. For Amanda, this is the answer to all her problems and a way to achieve the success she feels has been eluding her throughout her life.

"The show is more of a light hearted look at the way we're all judged but the underlying consequences, such as low body confidence, can become critical public health issues if they lead to eating disorders or addictions for example. There are campaigns which recognise diversity and positively reflect what we really look like but with the media, business and advertisers targeting our insecurities, one of the questions I ask in the play is 'who owns our bodies anyway?'

-Ends-

#### Notes to editors

#### About Hayley Davis

Hayley Davis is a Birmingham-based artist.

#### About *5 Years*

*5 Years* was first performed at The Camden Fringe Festival in August 2015.

Director: Rebecca Gadsby.

Showing from 21st - 28th as part of the free fringe at Espionage, Mata Hari, 4 India Buildings, Venue 185

Audience response:

"Inspirational"

"Great piece of writing, really interesting"

"Really enjoyed it, made me think."

#### Contact

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