



Small Things Theatre and Working Cast Productions present
A Gym Thing

StageSpace, Pleasance Theatre, Carpenters Mews, London N7 9EF
Monday 30th April – Sunday 13th May 2018
Press Night: Wednesday 2nd May 2018, 7.45pm

Following a highly successful run at Edinburgh Fringe 2017, *A Gym Thing* now transfers to London's Pleasance Theatre. Written and performed by Tom Vallen, this powerful production presents a brutally honest portrayal of the rising health concerns of gym addiction.

Set within a 60-minute workout, *A Gym Thing* shines a much-needed spotlight on the world of Bigorexia or Muscle Dysmorphia (reverse anorexia) – a subtype of Body Dysmorphic Disorder (BDD). BDD is a type of obsessive-compulsive disorder that affects both men and women - for those suffering with this, quality of life is extremely poor and, shockingly, suicide rates are amongst the highest out of all mental disorders.

*...Required watching for anyone who finds themselves getting obsessive about self-improvement. A Gym Thing never hammers its message home, instead making its points with a brutal elegance (**** The Scotsman).*

Driven by a daily quest for perfection, Will takes us on a fast-paced, sweaty, physical exploration of how the gym has strengthened and weakened his relationships, his physique and ultimately his life. This complex love story offers a truthful insight into a gym addict's point of view about body image while offering those who don't visit the gym a greater understanding about why gym goers strive for perfection.

Vallen comments, *I am thrilled to bring A Gym Thing to a London audience following our exhilarating and heart-warming run at the Edinburgh Festival. The show is physically a challenge to perform and while I hope this entertains, it also highlights the lengths millennials will go to achieve the ultimate physique which has ever moving goalposts. Muscle Dysmorphia or Bigorexia affects 1 in 10 bodybuilding gym users and overall Body Dysmorphic Disorder has one highest rates of suicide of all the mental health disorders with 1 in 50 attempting suicide. I am very proud to be further spreading awareness around this debilitating disorder.*

The rest of the cast for this bold production will be announced in April.

Notes to Editors

Title	<i>A Gym Thing</i>
Performance dates	Monday 30 th April – Sunday 13 th May 2018 Monday to Saturday, 7.45pm (No show Monday 7 th May) Sunday, 5pm
Running time	60 minutes
Location	Pleasance, Carpenters Mews, North Road, London N7 9EF
How to get there	The nearest underground station is Caledonian Road (Piccadilly Line). The nearest train stations are Kings Cross/St Pancras and Caledonian Road & Barnsbury Richmond.
Box office	Tickets are available priced £15 with £12 concessions. Available from the Pleasance box office, www.pleasance.co.uk or 020 7609 1800.
Twitter	@AGymThingPlay, @ThePleasance, @WorkingCastProd @SmallThingsTC
Writer/ Will Shaw	Tom Vallen
Director	Philip Scott-Wallace
Produced by	Working Cast Productions and Small Things Theatre
Sound Designer	Adam Welsh
Lighting Designer	Saulius Valiunas

Working Cast Productions and Small Things Theatre

Working Cast is an actors only staffing agency which uses company profit to promote and produce it's actors work. *A Gym Thing* is Working Cast Productions London theatre debut. Small Things Theatre stage exceptional productions that champion writers, performers and creatives from the fringe to the west end. Their regular *Night Of Small Things* collaborates with playwrights, actors, musicians, comedians and poets to provide a platform for established and emerging artists to come together to experiment and showcase their work. They also work in education and events.

Tom Vallen

A Gym Thing is Tom's debut piece of writing. As an actor theatre credits include: *Bash* by Neil LaBute (Old Red Lion/ Trafalgar Studios) and *A Gym Thing* (Pleasance Courtyard, Edinburgh). TV credits include: *Episodes* (BBC/ Showtime), *Casualty* (BBC) and *Doctors* (BBC). Radio credits include: *Tommies* (BBC Radio 4). Tom is Working Cast Productions artistic director and is delighted to be bringing the production to London.

Philip Scott-Wallace

Philip is co-artistic director and producer for Small Things Theatre. He is also a director and actor. *A Gym Thing* was his directorial debut and he is delighted to remount the production in London. As a producer his work includes *The Stolen Inches*, *No Place For A Woman*, *Anything is Possible If You Think About It Hard Enough* and *Boots* as well as curating events for UN Women's HeForShe campaign for gender equality.

All enquiries, high res images and further information:

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