

Cycling – The New Millennium Sport

Another first in health and wellness for Master Builders

As part of Master Builders' strategy to promote health and wellness in the workplace, a 10-week cycling program has been set in motion and facilitated by the Association's Health Alliance partner, Perth Integrated Health Clinic. Judging by the team this initiative is showing positive results.

The 10-week program is unique in its provision of health related workshops and practical on road skills of the sport. The program has covered nutritional advice, foot care associated with cycling, biomechanical assistance and on-road performance enhancement techniques.

Members of the Master Builders cycling team based themselves in West Perth and used the various terrains within beautiful Kings Park to

learn more about the techniques, skills and energy associated with this growing sport.

Dubbed the 'new golf of this century', cycling boasts a wide range of health benefits, which include improved cardiovascular conditioning, muscle and joint strengthening and weight control.

Thanks to Central Insurance, Cool Clear Water Company, Wellbox, Whole Body Vibration (WBV), Coffey and Sprint Designs for their support and assistance.

Thanks also to Perth Integrated Health Clinic for providing an excellent forum in which Master Builders cycle team members have been guided and educated in new skills about health, wellness and cycling.

"The training has been better than I imagined, in an environment that is non-threatening and everyone works at their own pace. The theory is informative and presented in an easily understood format. All round, the course is very well put together and I would recommend it to anyone."

Chris Bishop, Highbury Homes

We look forward to seeing all team members graduate. You never know, look out Tour de France 2008!

For those interested in the next Master Builders Cycle Team, starting 18 September, please contact Danae Beard or Ian Wee at the Perth Integrated Health Clinic on 9226 1239 or email: danae@pihc.com.au or ianwee@pihc.com.au for more information. Relevant information is also available on the website: www.pihc.com.au



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