



The Perth Integrated Health Clinic will be assisting Swimming WA in the New Year (2009) to promote Swimming WA's program RecSwim, a new and unique swimming program. The program aims to engage recreational swimmers by providing structured swimming programs, training advice and recreational opportunities, which are all accessible via the RecSwim website at www.recswim.com.au.

The program has three different levels, introductory, intermediate and advanced thus catering for everyone. The program is organised in yearly blocks that start in September and run until August, but individuals can join anytime as access to the full site will be available once a member. The overarching goal of this program is to allow individuals the confidence, ability and access to participate in open water swimming events that are organised throughout the year. At a very affordable price of \$25 per annum per person, this program changes every 8 weeks to maintain interest as well as provide variation to your health and wellbeing.

PIHC will be working in conjunction with Swimming WA to provide information on their web site regarding health and wellness, taking the particular view of neuromuscular care, feet care, systemic health as well as injury prevention which is synonymous with our ethos of health and wellness. Together with the provision of nutritional advice, this website aims to provide total health coverage for the budding swimmer and those wishing to develop their swimming skills.

Along with this information being provided directly to the website, PIHC has also committed itself to presenting regular specific themed workshops for members of RecSwim at various aquatic centres around Perth's metro region in 2009. These information sessions will promote the positive aspects of swimming and the long term benefits of exercise, such workshops will focus on a range of topics including injury management and performance enhancement. More information on this program will be forthcoming in the next few weeks.

For more information on RecSwim as well as signing up of your family, friends and work colleagues – even to the point of making it a work initiative – do check out their website on www.recswim.com.au Patients can also source information about RecSwim at PIHC clinics.

For PIHC based information please email Ian Wee, Director, Perth Integrated Health Clinic on ianwee@pihc.com.au or Julian Mancini at: julian@pihc.com.au or Phone 9240 5266 / 9364 8626.