



Positive action: Garth Civil will swim for firefighters. Picture: Mogens Johansen

Firefighter knows his ABC

■ Matilda Price

For the past three years, firefighter Garth Civil has been determined to get the Act-Belong-Commit message out to the community and he believes the HBF Rottnest Channel Swim is the perfect way to do it.

The Act-Belong-Commit campaign message is that being mentally healthy is just as important as being physically healthy.

"I can promote Act-Belong-Commit as it fits into the ethos of my life," Mr Civil said. "The reason I'm swimming is because I look after my kids quite a bit so I am able to train while using the creche.

"It's a good way of demonstrating that your life can be really busy but there's still time to fit in exercise and act-belong-commit even if you've got other commitments."

hbf 
Rottnest **7**
 CHANNEL SWIM **DAYS**
TOGO

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Mr Civil will swim solo in his first Rottnest Swim and will be supported by fellow firefighters.

He is hoping to cross the finish line after he trained in 2007, only for the event to be cancelled.

Mr Civil has been training as much as possible while still having a significant amount of time with his children.

He said having a friend give him some training programs had made his preparation much easier.