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Introducing the MERMAID WORKOUT

Diving Fitness Pro reveals secrets for women wanting to get into (or stay) in "diving shape"!



Relating to the underwater imagination of women, the Mermaid Workout recommends the components of a healthy lifestyle through a friendship with a popular mythical creature. "The idea for the workout is to attract the attention of women divers and bring an awareness of the importance of physical fitness to the sport of scuba diving," said Gretchen M. Ashton, CFT, NBF, dive fitness expert and owner of ScubaFit.

Many aspects of diving are the same regardless of gender. However, women often dive with their husbands as their dive buddies. If their husband (or any other male diver) has an emergency, they need to be able to assist someone who is usually taller, bigger and heavier than they are. Further, while some dive equipment is geared toward the size and shape of women, weights, tanks and climbing boat ladders will always require a minimum level of physical strength. The good news is that just a couple of weight training workouts each week makes a big difference for women divers.

It is also important for women to maintain their health free from medical conditions such as high blood pressure, high cholesterol, diabetes, osteoporosis and obesity. According to Divers Alert Network, (DAN) data, it appears the diver population is aging. Exercise is a great equalizer and helps women age more gracefully.

The Mermaid Workout is a balanced exercise program including aerobic exercise, resistance training and good nutrition. To maintain your current health and weight requires just three workouts per week. To lose weight requires a minimum of four workouts per week. To correct or manage medical conditions six workouts may be necessary. Unlike men who benefit from shorter, fewer and more intense workouts, women in particular, experience greater results with moderate, longer and more frequent workouts.

Mermaids exercise in the water, but women divers have many options in addition to swimming. Gym memberships, sports such as tennis, volleyball and soccer, and outdoor activities such kayaking and hiking are all excellent choices. Exercise consistently year-round, consult your physician before beginning any exercise program and seek the assistance of a fitness professional to get started. The complete Mermaid Workout can be found at www.miss-scuba.com and www.scubafit.com.

