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## Dive Show Fitness



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Gretchen Ashton  
Carlsbad Scuba Fitness Examiner

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Dive show and trade events can take a toll on the body. Walking for most visitors at dive shows is more like a shuffle with stops, starts, and a lot of standing. Vendors and exhibitors manning booths have at least one full day of setting up, carrying large awkward or heavy objects, walking long distances repetitively and then standing for hours on hard surfaces or sitting in folding chairs for days before taking everything down and carrying it away. Let's face it – it's a grind – a good grind, but a grind. Here are some fitness tips for visitors, vendors and exhibitors to help with the physical aspects of attending dive shows.

**Be prepared all the time:** Participate in a regular exercise program for life, diving, health and wellness. A balanced fitness for diving program includes strength training, aerobic exercise, stretching and good

nutrition.

**Plan ahead:** Review travel itineraries, airports, the show venue and amenities such as hotels, restaurants and fitness centers. Plan to practice the same healthy habits during the show. This means keeping a tight schedule leading up to the show so that exercise, good sleep and

nutrition are a part of the routine right up to and through the event.

**Take health breaks:** Establish a team and set up shifts in advance with one or more others involved in the business. If you are a sole proprietor, bring a friend, family member or hire someone to help.

**Dress for good health:** Dress professionally but be, comfortable and practical. Good shoes are imperative. Avoid clothes that are too tight or binding and that may reduce circulation. Remember that the weather outside may be very different than the temperatures inside the venue. Changes in temperature require quick and easy protective clothing.

**Bring healthy lunch and snacks:** To help maintain healthy eating visitors can pack a lunch, snacks and beverages and leave them in the car in a cooler. Vendors and exhibitors may be permitted to bring coolers into the event. Stay hydrated by sipping water and low calorie beverages. At lunch time take a break outside the event for 20 minutes to sit down, eat and relax.

**Make good food choices:** When eating out follow a healthy nutrition plan. Have fun but practice restraint and avoid high fat and fried foods, sugary drinks including coffee beverages and high calorie alcohol. Good nutrition may include supplements that boost the immune system when traveling and exposed to large crowds.

**Move, walk and stretch:** Take a break every couple hours to walk around for three to five minutes. Visit the restroom during this break. It is not healthy to hold it too long. Practice basic stretches especially for the low back and hamstrings. Many of these can be performed right in the booth. Visitors can take a break from the dive show shuffle by walking outside for a few minutes or sitting down for seminars and presentations. Vendors may bring and sit on an exercise ball in the booth.

**Exercise anyway:** It may seem impossible to fit exercise into the schedule of a dive show, but an early morning walk can set a positive tone for the entire day. Small exercise equipment such as bands and light weights can be carried in luggage for workouts on the go. Nearby fitness centers offer evening and early morning hours and a variety of group exercise classes. Spa treatments like massages are perfect for the end of a long day at the dive show. Hotel fitness centers and pools are easy access for light and therapeutic exercise to refresh and

prepare for the next long day of dive show business.

**Learn more:** ScubaFit® is conducting a Saturday Seminar sharing the Top 10 Fitness Tips for Divers and a Sunday ScubaFit® Diver Certification Course at the Phoenix Dive Show, September 21 and 22, 2013. For more information: **Phoenix Dive Show**