

PRESS RELEASE

Announcing FitDiver® Magazine

Contact: Gretchen M. Ashton
Telephone: 760-271-6069
Email: gretchen@scubafit.com

[fit-di-ver] - a person who strives and achieves the required level of fitness in order to stay underwater for long periods of time and adapt to the elements presented.

CARLSBAD, CALIFORNIA FitDiver® Magazine published by Gretchen M. Ashton of ScubaFit® debuts with a complimentary online issue. The special edition, [Training for Palau](#), is found in the newsstand Water Sports and Fitness categories. Beginning with the next issue the quarterly publication will be available for a \$19.95 annual subscription, \$6.95 single copy purchase and on-demand hard copy printing.

FitDiver® Magazine features workouts that prepare readers for water sport activities and destinations. Articles include nutrition and recipes, travel fitness tips, and motivation. Readers new to diving, water sports or fitness will find entry level programs for foundational fitness and safety in the water. Experienced readers and professionals will be challenged to learn something new and improve performance above and below the surface. The ScubaFit® philosophy and sound research-based content is presented with full-color pages most of which are photographed by Ashton.

Gretchen M. Ashton, CFT, SFT, SFN, NBF, owner of ScubaFit® and co-author of the ScubaFit® Diver certification course, launched the new publication as a continuation of her dedication to improving the health and fitness of others. Gretchen diver, paddler, sailor and competitive weight lifter, is an International Sports Sciences Association Elite Trainer and World Champion Athlete. She has been training, coaching and writing since 1996 and began her focus on water sports in 2006. Gretchen has been widely published including California Diver, X-

Ray Magazine and Alert Diver. She presents at water sports events and dive clubs, privately trains fitness clients and teaches the Scuba Fit® Diver course which is approved by both fitness and diving agencies. Gretchen is always looking for ways to bring fitness to water sports enthusiasts. She collaborated with Phrogger Interactive to develop FitDiver® mobile apps available in [Google Play](#) and the [App Store](#) / iTunes.