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# ScubaFit® Diver Instructor Certification at Scuba Show

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Gretchen Ashton  
Carlsbad Scuba Fitness Examiner

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***Learn, practice and teach fitness for diving.***

**Register in advance** for the ScubaFit® Diver Instructor Certification course at the Scuba Show. The course is one of several professional workshops being held on Friday, June 7, 2013, 9:00 a.m. to 4:30 p.m. in Seaside Room 4A (S4A) at the Long Beach Convention and Entertainment Center.

Main benefits of completing the one-day course include preparing to teach this research-based fitness for diving program to diving clients and learning how to apply the knowledge, principles and disciplines taught to individual health and diving goals. To qualify to complete the ScubaFit® Diver Instructor Certification an individual must be a teaching status dive instructor; dive master or higher, or a certified fitness professional.

The morning session is comprised of lectures and knowledge reviews with an afternoon practical including basic exercise demonstrations and a final examination. Water and snacks are provided during the morning and afternoon. Participants are welcome to bring lunch or snacks or go out for lunch during the mid-day break between 12:00 p.m. and 1:00 p.m. Wear comfortable clothes and athletic shoes.

Registration is required in advance. The cost of the course is \$245.00 and includes materials, teaching kit with power point presentation and certification card. The Long Beach Convention and Entertainment Center is located at 300 E. Ocean Blvd, Long Beach, CA 90802. For more information email **[gretchen@scubafit.com](mailto:gretchen@scubafit.com)** or call (760) 271-6069.

Fitness preparedness for diving helps to improve diving performance, increase diving participation, advance dive training, and reduce the risk of injury and illness. The course includes specific exercises and training concepts that enhance all diving activities with an introduction to nutrition and hydration for fitness and diving. A start-up model and an instructor teaching kit equip dive professionals with the tools to incorporate the ScubaFit® Diver Course into the business of diving.

The workshop provides an opportunity to meet the co-authors and instructor trainers Gretchen M. Ashton and Stephen C. Mendel. ScubaFit® is an international program designed to educate and inspire scuba divers into a more healthy and fitness-minded lifestyle. It was founded by Ashton in 2007 and is also offered through distance learning.

Gretchen M. Ashton, CFT, SFT, SFN, NBFEE Gretchen is an advanced diver, NBFEE and ISSA Elite Personal Trainer, Specialist in Fitness Therapy and Nutrition, a world champion athlete, founder of ScubaFit LLC and FitDiver®, co-author of the ScubaFit® Diver Course, expert Speaker for Los Angeles County's ADP and UICC, Fitness Editor and/or contributor for California Diver, DiverWire, X-Ray Mag, and Scuba Sport Magazine, is published in Alert Diver U.S and Asia-Pacific, Divetime, Worldz2c.com, ScubaBoard, and Examiner. Gretchen has been a guest at dive medicine conferences and on Scuba Radio, was featured in the President's Council of Physical Fitness and Sports newsletter and Margaritaville Key West culinary column.

Stephen C. Mendel, BA, MFA, MSDT Stephen is co-author of the ScubaFit® Diver Course, a NAUI and Los Angeles County Underwater Instructor Trainer, PADI Master Scuba Diver Trainer, CMAS, Handicapped Scuba Association instructor, and First Aid/CPR/AED instructor. An actor and voice artist; he was a series regular in 96 episodes/five seasons of CBS Television's crime drama "Night Heat", guest starred on many other TV shows and appeared in movies, narrated documentaries such as "Great White Migration" and "Ultimate Air Jaws" for Discovery Channel's Shark week, and educational projects for PADI and DAN as well as voicing animation, anime, video games and commercials. He has written short stories, magazine articles, television and movie scripts, hosted fund raisers and underwater press conferences.