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Scuba Divers Share Vision of Fitness



Ride Fit



Gretchen Ashton
Carlsbad Scuba Fitness Examiner

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SAN DIEGO - Local scuba divers, Gary Hawkins, Founder of Ride Fit™ and underwater videographer, and Gretchen M. Ashton, CFT, NBF, owner of ScubaFit® and FitDiver®, have joined forces.

Committed to the health and wellness of scuba divers, both have personal fitness stories, are inspired by adventures in scuba diving, and empowered by the

influence of the sport to motivate divers to fitness.

Hawkins transferred his underwater film success to **Ride Fit™**; an exciting new series of videos to motivate and prevent boredom for cyclists who train indoors. The videos are designed for stationary exercise bikes of all kinds and may be downloaded to a variety of electronic devices. Cyclists can take Ride Fit™ workouts anywhere within the home, travelling or the fitness center. Gary commented, “A good level of cardio fitness is very beneficial to your overall health and essential for safe diving. If indoor cycling is part of your exercise routine, the Ride Fit™ series will make your workout fun, motivating and structured. Our virtual indoor cycle training videos are shot in stunning high definition from the first person perspective. Users will experience, as closely as can be achieved in an indoor environment, actually being there on the road.”

Ashton is delighted to introduce Ride Fit™ to scuba divers. Gretchen is a fitness professional and co-author of the PADI ScubaFit® Diver Distinctive Specialty Course. “Cycling is excellent aerobic exercise to maintain cardiorespiratory fitness for diving. A great starting place for divers is the Ride Fit™ Fiesta Island Fun video. The workout is inspiring and takes place near the water. Importantly, the Fiesta Island Fun ride incorporates the 70% and 80% training

heart rate zones ScubaFit® recommends for divers. “Divers benefit greatly by training in both zones in the same workout and the Fiesta Island Fun ride accomplishes this in just 45 minutes,” says Ashton. This training video combines the scenic shores of **Fiesta Island at Mission Bay** in San Diego, California with music (optional), easy-to-follow instructions, and a digital dashboard reflecting the intervals and cadence for each training zone. The video is very affordable at \$7.99 and divers can progress their training or add variety with a choice of four other currently available titles. All five videos are available individually or as a combo pack.

Both Ashton and Hawkins are extremely excited about this new partnership between their respective organizations. They added, “We see this initiative as a way of further promoting and encouraging diver fitness. Ultimately this will lead to improved diver safety and betterment of the general wellbeing of the dive community.”

Visit **www.ride-fit.com** or **www.scubafit.com** for more information.

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Ride Fit™ (**www.ride-fit.com**) is part of Sun Ray Solutions, Inc. (**www.sunray-solutions.com**). Sun Ray Solutions is based in San Diego, CA and is involved in media production, sports products and professional consulting services. The Ride Fit™ is owned by Sun Ray Solutions, Inc.

ScubaFit® and **FitDiver®** were founded and developed by Gretchen M. Ashton, fitness professional and diver. Based in Carlsbad, CA, the company promotes health and fitness through personal training, coaching, public speaking and writing.