

New ScubaFit® Infographic Reminds Divers to Get Fit and Stay Fit

CALIFORNIA DIVER – APRIL 19, 2017

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"Fit Divers are safer divers, tend to dive more often, and are more likely to advance dive training". This has been a consistent message of Gretchen M. Ashton since she started [ScubaFit®](#) in 2006. "An infographic is fun way to remind divers of the importance of physical fitness for diving and help divers implement fitness into a diving lifestyle", says Gretchen. **Top 10 Fitness Tips for Scuba Diving** has been a popular dive club presentation and the poster is a great way to help dive centers bring a positive fitness message to diving clients and staff.



Gretchen Ashton

"Over the past 10 years, we've worked to create awareness by writing more than 130 articles, stories and blogs in online and print diving publications; including our own FitDiver® Magazine. Our early research involved reporting on data demonstrating a health profile of the diving community and making recommendations for overall health and wellness. We then researched and created our performance-based programs. To educate divers and personalize fitness programs, we developed the ScubaFit® Diver Course which is approved by PADI® as a distinctive specialty, is independently available to all dive agencies, and is approved by International Sports Sciences Association for continuing education for personal trainers. We co-submitted the specialty as a fitness professional and diver, along with Stephen C. Mendel, multi-agency dive professional, to role model collaboration for the benefit of the diving industry and to improve the safety and longevity of all divers.

"We utilize a four phase FitDiver® program to help divers determine current fitness level and carefully advance workouts to match the type of diving performed. DiveFit® programs are customized for adaptive

divers and divers recovering from an injury, illness or accident. Our SurfWalking™ exercise sessions are conducted on the beach in the surf or in a pool to condition divers and supplement aerobic and strength routines. Nutrition is always an important component of a balanced exercise program and is incorporated along with stretching and other modalities for improved flexibility."

TOP 10 Fitness Tips FOR SCUBA Divers

1 Be In Good Health

- Get an annual medical check-up.
- Exercise with Specificity for SCUBA Diving.

2 Be a Well-Trained Diver

- Understand the basic physiology of diving.
- Follow best practices of diving.
- Prepare for the demands of the type of diving performed.
- Remember the conditions of the day.

3 Exercise Consistently 4+ Times a Week for 60 Minutes

4 Be Safe

- Wait 24 hrs after diving to exercise.
- Only light aerobic exercise 24 hrs before diving.
- Consult a doctor before starting a new exercise program.
- Don't start smoking – quit smoking!

5 Eat Well

Eating for diving involves fueling the activity with ratios of carbohydrates, protein, and fat that match the energy expenditures of the diving activity.

Carbohydrates	Protein	Fat
55%	35%	10%

6 Hydrate Well

Cold fluids taken into the stomach replace fluid losses in the blood and tissues faster than warm fluids.

- Every day: 8 glasses
- 2-3 hours before the first dive of the day: 1 liter
- Each hour during diving activity: 1 liter

7 Set Specific Goals

Start exercising and eating for diving NOW to prepare for the next diving event.

- Set a specific date for completion of each goal.
- Lose 5 lbs. (lose 10 lbs. of fat, gain 5 lbs. of muscle)
- Lose 3" (at the waist, buttocks & thighs)
- Add 3" (to the pectoral – upper chest)
- Feel better about myself

8 Plan for Success

- Vary the type of workout to prevent boredom.
- Join organized exercise programs.
- Choose enjoyable activities.
- During workouts, listen to music, audio books, or watch TV or movies.
- Find a Fitness Buddy (May be your Dive Buddy).
- Hire fitness and nutrition professionals.
- Utilize structured diet programs, workout DVDs and books.
- Search out internet and online applications.
- Set specific goals and track your progress.
- Reward your accomplishments.
- Plan a scuba diving vacation or celebration.
- Use positive affirmations.
- Spend time with positive people.

9 Be True to Yourself

Find out what works and do it regardless of what others are doing or saying.

EXERCISE MOTIVATION and RESULTS are unique to the individual.

10 Make SCUBA Diving a Lifestyle

SCUBA diving is great motivation to get fit and stay fit. Fit divers are safer divers, tend to dive more often, and are more likely to advance dive training.

"History is made by those who make the wake, not by those who ride on it nor watch safely from the shore."
Billi and Bernie Marcus
Georgia Aquarium

...so is the FUTURE!

Gretchen is presenting "Healthy Diver 2017" at the Scuba Show in Long Beach, California on Saturday, May 6, 2017 from 4:00 p.m. to 5:00 p.m. in Room – Seaside 3.

For more information about the ScubaFit® Diver Specialty Course or to order an Infographic Poster (at cost), visit www.scubaft.com or contact Gretchen directly at scubaft@gmail.com or (760) 271-6069.