

Staying Fit for Diving

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Top 10 Fitness Tips for Scuba Diving, a popular dive club presentation, is now available as an infographic. *“Fit Divers are safer divers, tend to dive more often, and are more likely to advance dive training”*, says Gretchen M. Ashton, owner of **ScubaFit®**.

Gretchen adds, *“An infographic is a great way to inform divers of the importance of physical fitness for diving and help divers implement fitness into a diving lifestyle. It’s also an important reminder for dive center owners and instructors considering fitness for diving as an additional profit center. We developed the ScubaFit® Diver Course for dive professionals 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. Our passion for diver safety and fitness is the motivation for creating the infographic for the diving community.”*

*“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”.*

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.
- Feel better about myself
- Add 3" (to the pectoral - upper chest)
- Lose 5 lbs. (lose 10 lbs. of fat, gain 5 lbs. of muscle)
- Lose 3" (at the waist, buttocks & thighs)

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.”

...so is the FUTURE!

Billi and Bernie Marcus
Georgia Aquarium

ScubaFit
Bringing fitness to life!

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10th Anniversary 2007-2017 10 years of wellness!

“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.”

Explore the Dive Sites of the Cayman Islands with iDive!

Gretchen M. Ashton, CFT, SFT, SFN, SSC, NBFE, is an advanced scuba diver, nitrox diver, paddler, sailor and fitness professional. She is registered with the National Board of Fitness Examiners, is an International Sports Sciences Association Preferred Education Provider and Elite Trainer which includes credentials as a personal trainer, specialist in fitness therapy, fitness nutrition, and strength and conditioning. As a lifetime drug free strength athlete Gretchen set 21 World and American records and is the second woman inducted into the AAU Power Lifting Hall of Fame. Gretchen is founder of ScubaFit LLC, and developed the ScubaFit®, FitDiver®, DiveFit® and SurfWalking™ exercise programs for divers, instructors and water sports enthusiasts. She co-authored the PADI ScubaFit® Diver Distinctive Specialty, designed FitDiver® mobile fitness apps and publishes FitDiver®