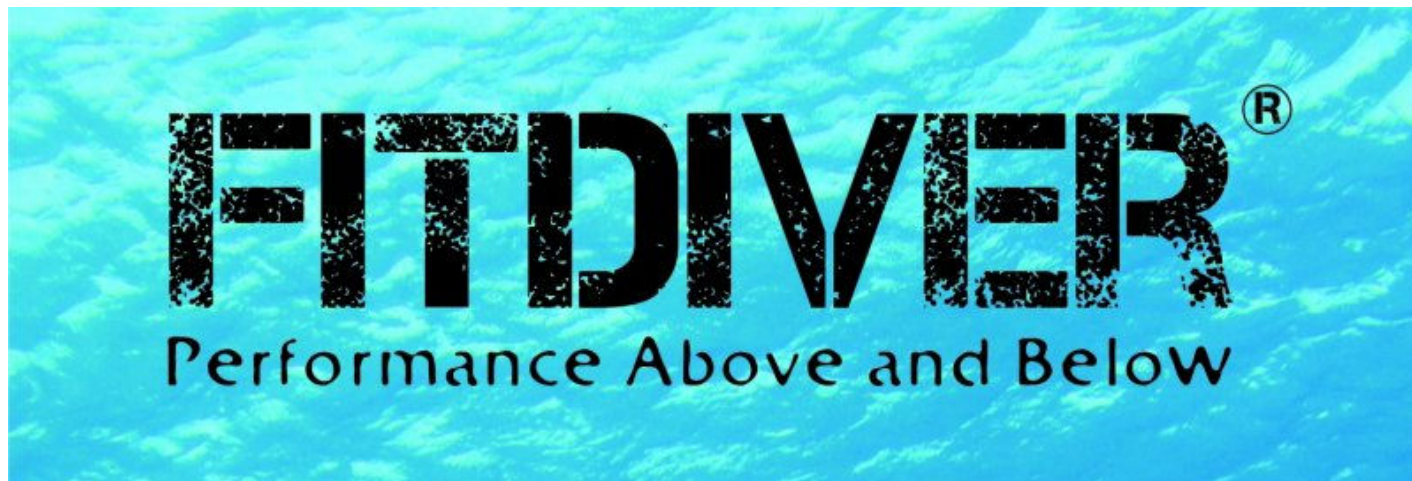


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Preview email:

Subject: Physical Fitness for Scuba Divers



PRESS RELEASES



Dear Scuba Diving Fitness Enthusiasts,

I am please to present the latest news for ScubaFit® and FitDiver®.

Dive Instructors and Fitness Professionals alike now have the opportunity to be certified to teach physical fitness designed specifically to the unique demands of scuba diving. Read more in **"Pros Team Up to Bring Fitness to Divers"**.

ScubaFit® is a supporter of Dive the Coast and I am pleased to be the California Public Relations contact for the event. Check out **"Preparations Continue for 1000-Mile Dive"** and feel free to contact me via email at gretchen@scubafit.com with any interest or questions you may have.

The ScubaFit® logo has a new look for 2012.

Pros Team Up to Bring Fitness to Divers

PADI approves brand new ScubaFit® Diver Distinctive Specialty Course

Dive and fitness instructors alike can now become certified to teach fitness to divers. The Padi ScubaFit® course was developed by Gretchen M. Ashton, a certified fitness trainer and Stephen Mendel, a multi agency scuba instructor.

The PADI ScubaFit® Diver Distinctive Specialty Course offers new opportunities for instructors and dive shop owners to **improve** the health, performance and safety of their diving clients and increase diving participation. Divers who are fit are much more likely to enjoy their diving experience and to dive more often. Classes are forming now. For more information, interested instructors may contact: gretchen@scubafit.com.

Ashton is a diver and the owner of ScubaFit®. She is an International Sports Sciences Association Personal Trainer and Fitness Therapist, National Board of Fitness Examiners Personal Trainer, World Champion Hall-of-Fame Athlete, and scuba fitness writer. Her training success, unique coaching style and innovative work establishing a health profile of the scuba diving community also resulted in the FitDiver® program.

Mendel, owner of Premier Scuba Diving, is a NAUI and Los Angeles County Instructor Trainer, PADI Master Scuba Diver Trainer, CMAS and Handicapped Scuba Association and a First Aid/CPR/AED instructor. He has extensive diving, teaching and leadership experience along with a longtime and ongoing participation and interest in fitness. He is also a voice over artist with many projects to his credit.

Ashton and Mendel acknowledge both the inspiration and practical importance of Dr. Glen Egstrom's groundbreaking research and the meaningfulness it brought to this first of its kind course. Egstrom, Professor Emeritus of Kinesiology at UCLA, is renowned for his extensive contributions including the UCLA Diving Safety Research

Project and over 100 publications on the topics of dive training and safety.

"We believe that our collaboration provides the best knowledge, resources and experience to bridge the worlds of diving and fitness. We encourage dive instructors and fitness professionals who select this specialty course to enhance the teaching and learning experience by working together whenever possible, for the common good of all divers."

The purpose of the PADI ScubaFit® Diver Distinctive Specialty Course is to teach divers who are new to fitness an effective approach toward the establishment of a foundation of general fitness and fitness specific to diving, as well as an understanding of the physical demands of diving.

Find us on Facebook!



Kind Regards,
Gretchen M. Ashton, CFT, NBFÉ



FitDiver® is a publication of ScubaFit®
by Gretchen M. Ashton, CFT, NBFÉ,
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Gretchen M. Ashton, CFT, NBFÉ, developed ScubaFit® and the FitDiver® program. She is registered with the National Board of Fitness Examiners, is an advanced diver, International Sports Sciences Association personal trainer and fitness therapist, and world champion athlete. Gretchen is an Expert Speaker for Los Angeles County Scuba Advanced Diver Program and Underwater Instructor Certification Course, a contributing writer for California Diver Magazine, has been published in Alert Diver United States and Asia-Pacific, Divetime.com, and Examiner.com, appeared on Scuba Radio and was featured in the President's Council of Physical Fitness and Sports newsletter for inspiring and innovative accomplishments in fitness.

The course serves as a safe and supervised fitness program for diving. This specialty familiarizes divers with the skills, knowledge, planning, organization, procedures, techniques, problems, hazards and enjoyment of being physically fit for diving. Divers will learn how fitness greatly improves diving performance and reduces the risk of injury and illness.

For those divers with experience and knowledge of general fitness, in addition to the above mentioned topics, they will learn activity specific exercises and training concepts that will enhance all their diving activities. All divers will also be given an introduction to the basics of nutrition and the necessity of maintaining hydration during diving.

Preparations Continue for 1000-Mile Dive

Test dives scheduled beginning this month

Dive the Coast, Santa Cruz Chapter is conducting test dives aboard the Silver Prince in Monterey, California, beginning January 21st, 2012, and continuing the third Saturday of every month throughout the year. The outings are open to all divers novice to advanced throughout the state. How much distance covered largely depends on how many divers sign up. The cost is \$50.00 with divers providing their own tanks. For the latest details, call [\(831\) 204-0539](tel:8312040539) or e-mail Charters@SilverPrinceCharters.com and save a spot!

Meanwhile, the Los Angeles Chapter continues weekly mapping of the Los Angeles section of Palos Verdes. This area of the coast presents limited access with steep rugged hiking trails and kayak support is being used to attempt the entire 15 miles. For more information contact area coordinator, Brian Wright, Hardcore Dive Team, via email at brian@hardcorediveteam.com or call 661-270-6072.

The test dives are leading up to "Dive the Bay" slated for June 8-10, 2012 and "Dive the Peninsula" scheduled for early spring 2012. These events, of course, are a prelude to Dive the Coast in June 2013, when divers will cover as much of the California coastline as possible and raise funds for ocean-conservation organizations along the way.

The test dives are being done to gauge dive distance, depth and air, all of which will be formulated for diving longer distances along the coastline in 2013. During the January 21, dives in Monterey, dive teams will first perform a calibration dive to determine distance. A second dive will be a relay dive where the first team goes a distance then hands a flag to a second team and so forth.

The ultimate goal of Dive the Coast is to bring divers across the state together for a common goal and to raise money for conservation organizations. It will also provide an opportunity for divers to explore areas of the state where they would otherwise not go, and gives exposure to the sport as a whole.

Each of the fifteen coastal counties is organizing relay divers with each county deciding on a deserving organization to benefit from their fundraising efforts. Volunteer divers and organizers to help with promotion, planning, and future dives are still needed. Save Our Shores is the beneficiary of any funds raised in Santa Cruz and Ships to Reefs will benefit from funds raised in Los Angeles County.

Supporters of Dive the Coast are: Silver Prince, California Diver Magazine, Aquarium of the Bay, Seven Seas Scuba, 80 Proof Divers, Channel Islands Dive Adventures, San Luis Obispo Coast Keepers, Save Our Shores, O'Neill Sea Odyssey, MAKODIVER, Ocean Adventures Dive Company, California Ships to Reefs, Hardcore Dive Team, ScubaFit, Oceanic, Leisure Pro, Darkfin, Subseries, Beachopper II, and E-Diving.com.

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