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Get Fit for Diving with ScubaFit® at the Phoenix Dive Show



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ScubaFit® is conducting a Saturday Seminar sharing the Top 10 Fitness Tips for Divers and a Sunday ScubaFit® Diver Certification Course at the Phoenix Dive Show, September 21 and 22, 2013.

The Saturday Seminar which is open to all divers includes fitness do's, don'ts and helpful hints, plus a free workout for all participants. Divers will gain an understanding of why fitness for diving is important; how fitness for diving can make the sport more enjoyable, and take-away exercise and nutrition information that can easily be incorporated into a diving lifestyle. This presentation brings meaningful information to all divers and dive professionals, for all types of diving.

The ScubaFit® Diver Instructor Certification which is open to instructors and their guests provides dive professionals with health and fitness information to improve their personal fitness, role model a fitness lifestyle and educate their diving clients. Fitness preparedness for diving helps to improve diving performance, increase diving participation, advance dive training, and reduce the risks 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.

To qualify to complete the ScubaFit® Diver Instructor Certification an individual must be a teaching status dive Instructor; dive master or higher. The schedule for the day is from 9:00 a.m. to 4:00 p.m. 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 from 12:00 p.m. to 1:00 p.m. Register in advance. The cost of the course is \$245.00 and includes all materials. The course includes an afternoon practical session with basic exercise demonstrations. Wear comfortable clothes and athletic shoes. Dive Instructors who register a buddy or student diver to take the course at the same time receive a referral incentive of \$20.00 for each registrant in attendance the day of the course.

ScubaFit® Diver is recognized by PADI as a Distinctive Specialty and PADI professionals may apply for the PADI credential upon completion of the course. PADI instructors may purchase an affordable ScubaFit® Diver endorsement to their existing PADI professional liability insurance.

Dive professionals from other certifying organizations receive a ScubaFit® Certification and may purchase an affordable ScubaFit® Diver Insurance rider to accompany their existing professional liability insurance.

ScubaFit® Diver is recognized by International Sports Sciences Association as 10 continuing education units for fitness professionals and personal trainers. Fitness professionals may also register and attend this course.

The course is also available through distance learning.

Location: <http://www.phoenixconventioncenter.com/>

For more information: www.scubafit.com or www.usdiveshows.com/phoenix/

To register for the ScubaFit® Diver Course: <http://www.scubafit.com/news/>

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