

**HEALTH & FITNESS**

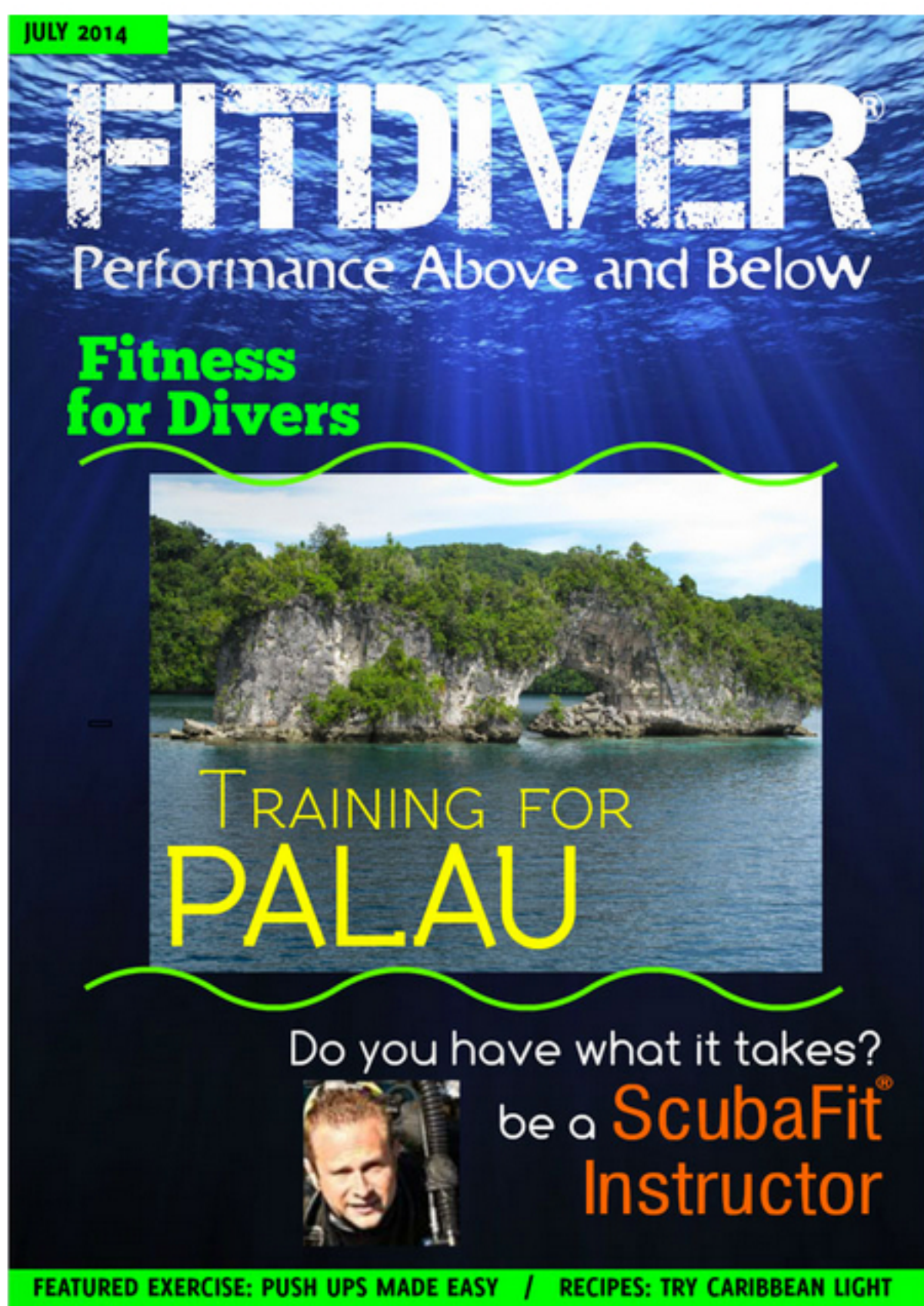
# Gretchen Ashton of ScubaFit Launches New Online Dive Fitness Magazine

CALIFORNIA DIVER - JULY 24, 2014

SHARE ON: [f](#) [t](#) [g+](#) [in](#) [e](#)

Gretchen Ashton, Owner of [ScubaFit](#), has just launched a new digital magazine dedicated to scuba fitness. FITDIVER now publishes 4 issues a year, with each issue dedicated to improving fitness for divers and other active sports enthusiasts.

"I am thrilled to share fitness for diving in a big way and I hope that divers enjoy reading and learning through the stories and images while absorbing the motivation packed into every issue".



Gretchen has been a [regular contributor to California Diver Magazine](#) and is an International Sports Sciences Association Elite Trainer, personal trainer, specialist in fitness therapy, specialist in fitness nutrition, and a world champion athlete. She's the founder of ScubaFit LLC and developed the Comprehensive FitDiver® program. She is an advanced scuba diver, nitrox diver, and co-author of the ScubaFit® Diver Course. Gretchen is also an Expert Speaker for Los Angeles County Scuba Advanced Diver Program and Underwater Instructor Certification Course.



The first issue of FITDIVER is complimentary, and you can read the first issue by [clicking here](#). Subscriptions are \$19.95 for four issues a year and \$6.95 for individual issues. You can subscribe by [clicking here](#). For questions, comments, or feedback contact Gretchen directly at [gretchen@scubafit.com](mailto:gretchen@scubafit.com), or by phone at (760) 271-6069.