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Mobile App for Scuba Diver Fitness



Gretchen M. Ashton, Photographer, Loren Kurz, Fitness Model



Gretchen Ashton
Carlsbad Scuba Fitness Examiner

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FitDiver® A Treasured Chest

Navigating the waters of fitness for scuba diving may seem daunting however, these tried and true exercises for the major muscles of the upper body are as certain as the tides to develop "A Treasured Chest"

ScubaFit® debuts the first in a series of mobile fitness applications for scuba divers. To purchase the application **click here**. Available now in the **Android Market**, and soon in the Apple market, search for it by "fitdiver" or locate it in "scuba diving" or "fitness". Link to the application through the website at **www.fit-diver.com**. Divers may also find FitDiver® on **Facebook** and **Twitter**.

"It is the only fitness application for scuba divers you'll find, but we have more on the way," says Gretchen M. Ashton, CFT, NBFEE, and founder of **ScubaFit®**. This project compliments the **PADI ScubaFit® Diver Distinctive Specialty Course**, co-authored by Ashton. Gretchen explains, "While all divers now have access to our specialized workouts, the exercises will be most meaningful for divers who have completed the ScubaFit® Diver Distinctive Specialty. Both instructors and students have the greatest understanding of the benefits of physical fitness for divers and the applications function as an extension of the certification. The workouts encourage all divers to embrace a healthy, fit and active lifestyle."

FitDiver® Workouts are based on sound research including a health profile of the diving community and the unique physiological demands of the underwater environment. Scuba

diving is often considered moderate-intensity activity. Yet, there are differences in the physical requirements for diving depending on the type of diving and the conditions. Diving may be recreational, technical, industrial or military. Conditions vary greatly in water temperature, visibility, currents and surf. Further, other stresses on human physiology must be considered in an underwater environment. Along with the proper gear, divers must also prepare with proper training, including physical fitness, for safety and performance. The ultimate physical fitness recommendation for scuba divers is to be in excellent health; free from disease, medical conditions and injury. As we go through life, we often have difficulty maintaining this clean slate. It is important for divers to know how to become and remain physically fit, prevent illness and injury, and rehabilitate and manage conditions such as high blood pressure, diabetes, heart problems, and obesity.

In addition to improving health and quality of life, physical fitness for scuba diving:

- Improves transportation of oxygen to muscles
- Reduces amount of air used
- Extends bottom time
- Increases physical endurance and reduces fatigue
- Facilitates carrying less weight
- Improves mental acuity
- Reduces the risk of decompressions sickness (DCS)
- Improves agility on boats and uneven terrain
- Improves comfort and movement on the surface and underwater
- Improves fin-kick efficiency and diving performance

Certain to capture the interest of scuba divers, the featured exercises were photographed at the **Ponto Beach Overlook** in **Carlsbad, California**, with the beautiful Pacific Ocean as a backdrop. This location is an excellent site for running stairs with the spectacular view as a reward.

The application(s) are developed, designed and marketed with the expertise of **Phrogger Interactive**, **Graphic Design by Brie, jb design**, and **Loren Kurz**, Fitness Model. For more information contact: **gretchen@fit-diver.com**.