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Scuba Fitness: Labor Day is a great time for a lagoon outdoor workout



Water sports at Aqua Hedionda Lagoon in Carlsbad (CarlsbadLagoon.com)



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Exercise is NOT recommended 24 hours before or after scuba diving making it challenging for divers to both dive and **exercise** during traditional two-day weekends. The three-day **Labor Day** weekend however affords divers an opportunity to dive several times and still enjoy a **scuba fitness** workout. Long weekends also provide opportunities for extended **exercise** sessions, **family fitness** and **fitness** as part of **outdoor recreation**.

While scuba diving itself is not a workout, activities on or near the water that may be interesting to divers include **stand-up paddle boarding**, **surfing**, **kayaking**, **cycling**, **beach walking** and **hiking**.

Many of our local lagoons are undiscovered playgrounds for the entire **family**. The **Aqua Hedionda Lagoon** in the City of Carlsbad, the location of the North Coast YMCA Aquatic Park, even allows swimming and **boating**. All vessels require day or annual use **permits**, so plan in advance. The **Batiquitos Lagoon Foundation** is hosting its **7th Annual Lagoon Clean Up** in October. The clean up offers participants a two-hour kayak tour of the area. **Buena Vista Lagoon** is a favorite of fisherman. All the lagoons offer amazing opportunities for bird watchers and naturalists.

One of the best forms of outdoor exercise for scuba divers is walking on the beach. **South Carlsbad State Beach** offers a 3.9 mile stretch of beach with moderate terrain for most ages and abilities. Depending on the diver's fitness level, the sand and surf, set a pace of between 12 and 20-minutes per mile. Check the **tides** before heading out. **Low tides** for Labor Day are extremely low in the early morning and evening. Early-to-mid morning and mid-to-late afternoon appear to be the best times for walking this weekend.

Remember to use sun protection, wear comfortable clothes and athletic shoes, and bring a small snack and water. Enjoy the long weekend.