



Preview email:

Subject: Fitness for Divers



ScubaFit® in Grand Cayman



The take-away "fitness for diving" message for the dive sites, conditions, facilities and procedures of this diving experience is an overall good level of fitness with emphasis on core and leg strength.

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**[fit-di-ver]
a person who strives and
achieves the required level of
fitness in order to stay underwater
for long periodsof time and
adapt to the elements presented.**



On this third visit to the Cayman Islands we stayed at [Cobalt Coast](#) and dove with [DiveTech](#). Arie and the staff at Cobalt Coast are warm and welcoming professionals providing clean and comfortable accomodations with impeccable customer service. We enjoyed the relaxing atmosphere and delicious healthy food choices. One of our menu favorites was the Jerk Chicken Ceasar Salad. We ordered the dressing on the side and used little to none as the chicken was served hot and was very flavorful.

DiveTech found optimum ways to keep us diving even with a hurricane lurking on the horizon. DiveTech is definitely a teaching dive facility for all ages and we were impressed by the number of divers, the organization of both shop locations, and the qualifications and customer service of their instructors.

The dive sites we explored were Dragon Hole, Hammerhead Hole, Eagle's Nest, Paradise Reef, Oro Verde, Leslie's Curl, Mary's Garden, Blue Peter, Cobalt Coast Reef, Lemon Wall, Spanish Anchor, Sand Hole, Conch Point, Hopp's Wall, Lighthouse Point Reef, Roundabout. Spanish Bay, Ocean Point, Kittiwaki, Tarpon Ledge, Castle, Orange Canyon, Round Rock and Doc Poulson.

While the diving was easy-to-moderate, there were occasions when swimming against current on the surface was necessary before descending. This procedure was practiced by staff so that divers were descending over the reef rather than the deep blue.

Divers (with assistance from very attentive staff) carried dive gear to and from the boat every day. Sometimes divers were transported to nearby docks via van to shorten the boat ride, accomodate ocean conditions and scheduling, and to keep divers safer and more comfortable. Depending on the conditions of the day and which dock was used to board the boat, along with the frequency of



ScubaFit®

Bringing fitness to life!

FitDiver® is a publication of ScubaFit®
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FitDiver® APPS



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](#).

FitDiver® Faves

In a recent article, [Stay Cool: ScubaFit® Tips for exercising in hot weather](#), I reminded divers to stay hydrated during exercise and diving. Although we discuss it more during the hot and humids months, good hydration is important year-round. Hydration is important for many physiological processes of the body that contribute to good health, peak physical performance and optimum mental acuity.

Here's another reminder. While staying hydrated, remember to reduce your use of plastic as much as possible with reusable water bottles.



board the boat, along with the frequency of afternoon shore diving available at both Cobalt Coast and the sister property, [Lighthouse Point](#), there was a lot of gear lugging. Divers should be able to comfortably manage their own gear in any and all conditions.



The **Split Stance Squat** is a great exercise for strengthening the legs and stabilizing the core. Maintaining balance and coordination during this exercise engages the abdominals, back, hips, glutes, legs and mind.

Beginners can hold onto a chair or railing to practice this exercise. Initially, body weight may be enough of a challenge. In time adding additional weight and standing free from support moves this exercise to its advanced form. This exercise is NOT performed as a lunge. Knee complications that exclude lunges may not a problem with this exercise when performed correctly.

Form and Breathing: Stand in a forward-to-back split stance as shown. Feet should be hip width apart as if walking in an extended stride. Contract your abdominals and inhale while lowering the body by bending the knees to 90°. From the squat position, contract all the muscles of the lower body and the torso and exhale while returning to the starting position. In particular, the glutes (buttocks) extend the hip joint while the quadriceps extend the knee joint.

Repetitions: Depending on your individual strength and endurance perform the exercise between 10 and 25 repetitions with each leg. Repeat two-to-four times on each leg.

Precautions: Keep the front knee behind the toes, ideally over the ankle. Do not lock-out the knees or look down. The back knee (as much as possible) should align directly below the hip allowing for a 90° bend at the ankle. Work to adjust your stance so that the back knee aligns directly below the hip with as close to a right angle at the ankle as possible. If you find your position is not perfect, a slight adjustment of the upper body may bring you into alignment. If it doesn't, return to the starting position and adjust the starting stance front-to-back until you find the best alignment.

Exercise is not recommended 24 hours before or after scuba diving.



FitDiver® PlayList

***What are your favorite workout tunes?
With your help we are compiling a FitDiver® PlayList.
Submit your music selections by posting to:***

www.facebook.com/fitdiver

We will list them all and you will get to vote for the Top 20!



The [CleanTek stainless reusable water bottle](#) by [Fit&Fresh®](#) is my favorite. I like it because it is easy to clean, holds a generous amount, fits all cup holders, has a large enough drinking spout without spilling or making weird noises, seems to keep my drinks cold longer and the top opens just below the wide blue band so I can easily add ice and supplements to my water.



Gretchen is registered with the National Board of Fitness Examiners. A PADI Advanced and Nitrox certified diver, International Sports Sciences Association Elite Trainer, personal trainer, specialist in fitness therapy, specialist in fitness nutrition, and world champion athlete. Gretchen developed ScubaFit® and the comprehensive FitDiver® program. Gretchen is a co-author of the PADI ScubaFit® Diver Distinctive Specialty Course and is an Expert Speaker for Los Angeles County Scuba Advanced Diver Program and Underwater Instructor Certification Course. She is the

Fitness Editor for California Diver Magazine, a contributor to X-RAY MAG, has been published in Alert Diver United States and Asia-Pacific, Divetime.com, and is the Scuba Fitness Examiner at Examiner.com. Gretchen has appeared on Scuba Radio, presented at the Scuba Show, and has been featured in the President's Council of Physical Fitness and Sports newsletter for inspiring and innovative accomplishments in fitness, and on the Margaritaville Key West website culinary column. As an athlete she set 21 World and Americans records and was the second woman inducted into the AAU Power Lifting Hall of Fame.

ScubaFit® is a supporter of Dive the Coast

Yum Yum Yellow Squash



and grow, and bursting with nutrients. The [American Institute of Cancer Research \(AICR\)](#) explains the high antioxidant content of squash helps fight cancer and protect eye health. Winter squash is a delicious source of complex carbohydrates and fiber. Nutrients include potassium, niacin, iron and beta carotene. I recommend Spaghetti Squash because in addition to its healthful properties, it is a great way to reduce calories and feel satisfied. One cup of winter squash has about 80 calories.

The winter squash harvest is just beginning. I love all types of squash, but one of my favorites is Spaghetti Squash. With its natural flavor it makes an excellent substitute for pasta. As the name suggests, you can enjoy Spaghetti Squash topped with almost anything, including your favorite sauce. It is easy to prepare

Yum Yum Yellow Squash



Start with a few simple ingredients for this recipe and then once you've mastered it, experiment with seasonings, herbs, sauces, parmesan cheese (only a little bit), more vegetables and protein.

Spaghetti Squash
Fresh Basil
Tiny Grape Tomatoes
Olive Oil
Salt and Pepper

Cut the squash in half lengthwise, remove the seeds and pulp, lay it flat side down on a baking sheet with about one-half inch of water, and bake for about 30 minutes at 425°. The squash is finished baking when the outer skin is easily penetrated with a fork. It may be necessary to replenish the water part way through the cooking time. I experimented with using the microwave and it works in much less time; about 15 minutes on high. Prepare and place the squash on a microwavable tray flat side down with water.

Once the squash is cooked use a fork to gently pull the fresh strands out of the shell. Toss the squash in a small amount of olive oil, add chopped fresh basil and tiny grape tomatoes, salt and pepper to taste. The tomatoes warm with the heat from the squash. Toss again and serve.



The produce for this dish was purchased from [Jimbo's](#). The basil was grown by [Archi's Acres](#). Archi's Acres partners with others in the community to teach veterans small scale organic growing. Archi's Acres is located just a few miles from my home and I had the opportunity to meet Colin and Karen Archipleys while I was President of the Carlsbad Garden Club and through my work with the [Carlsbad Community Gardens Collaborative](#). In 2007 the

Archipleys developed a [Veterans Sustainable Agriculture Training \(VSAT\)](#) program and have since trained over 100 veterans. Follow the VSAT link to learn more

ScubaFit is a supporter of Dive the Coast more
and I am pleased to be the California Public
Relations contact for the event. Contact me via
email at gretchen@scubafit.com with any
interest or questions you may have.

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<http://www.fit-diver.com>

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