

MEMBER AREA

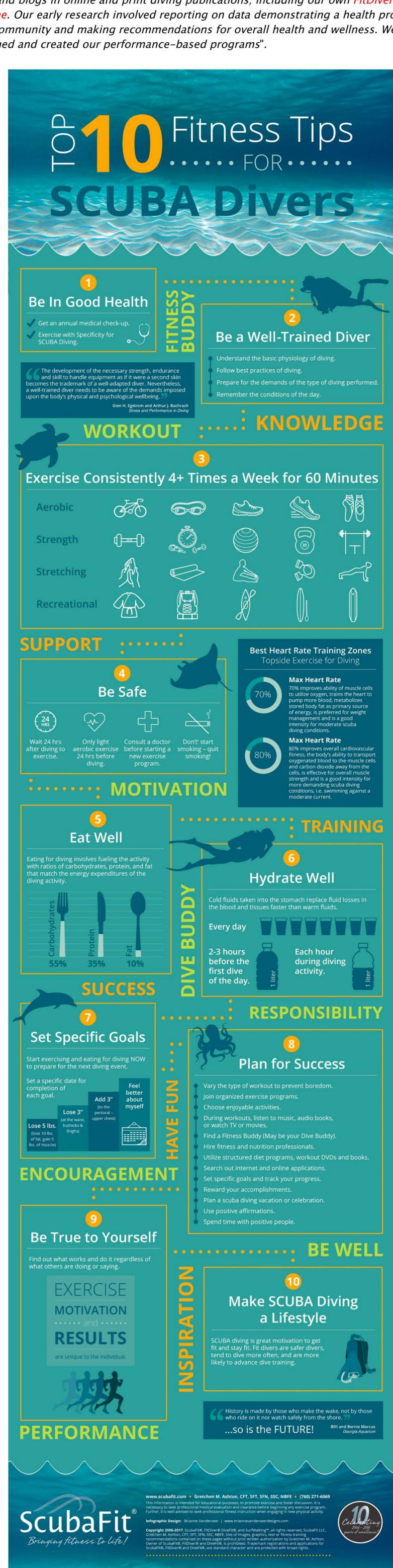
Staying Fit for Diving



Top 10 Fitness Tips for Scuba Diving, a popular dive club presentation, is now available as an infographic. "Fit Divers are safer divers, tend to dive more often, and are more likely to advance dive training", says Gretchen M. Ashton, owner of ScubaFit®.

Gretchen adds, "An infographic is a great way to inform divers of the importance of physical fitness for diving and help divers implement fitness into a diving lifestyle. It's also an important reminder for dive center owners and instructors considering fitness for diving as an additional profit center. We developed the ScubaFit® Diver Course for dive professionals which is approved by PADI® as a distinctive specialty, is independently available to all dive agencies, and is approved by International Sports Sciences Association for continuing education for personal trainers. We co-submitted the specialty as a fitness professional and diver, along with Stephen C. Mendel, multi-agency dive professional, to role model collaboration for the benefit of the diving industry and to improve the safety and longevity of all divers. Our passion for diver safety and fitness is the motivation for creating the infographic for the diving community."

"Over the past 10 years, we've worked to create awareness by writing more than 130 articles, stories and blogs in online and print diving publications; including our own FitDiver® Magazine. Our early research involved reporting on data demonstrating a health profile of the diving community and making recommendations for overall health and wellness. We then researched and created our performance-based programs".



"We utilize a four phase FitDiver® program to help divers determine current fitness level and carefully advance workouts to match the type of diving performed. DiveFit® programs are customized for adaptive divers and divers recovering from an injury, illness or accident. Our

SurfWalking™ exercise sessions are conducted on the beach in the surf or in a pool to

condition divers and supplement aerobic and strength routines. Nutrition is always an

important component of a balanced exercise program and is incorporated along with

stretching and other modalities for improved flexibility."

Explore the Dive Sites of the Cayman Islands with iDive! Gretchen M. Ashton, CFT, SFT, SFN, SSC, NBFE, is an advanced scuba diver, nitrox diver, paddler, sailor and fitness professional. She is registered with the National Board of Fitness Examiners, is an International Sports Sciences Association Preferred Education Provider and Elite Trainer which includes credentials as a personal trainer, specialist in fitness therapy, fitness nutrition, and strength and conditioning. As a lifetime drug free strength athlete Gretchen set 21 World and American records and is the second woman inducted into the AAU Power Lifting Hall of Fame. Gretchen is founder of ScubaFit LLC, and developed the ScubaFit®, FitDiver®, DiveFit® and SurfWalking™ exercise programs for divers, instructors and water sports enthusiasts. She co-authored the PADI ScubaFit® Diver Distinctive Specialty, designed FitDiver® mobile fitness apps and publishes FitDiver®