

# Get In Shape to DIVE!!!

When doing Open Water Dive Training in the chilly waters off Monterey Bay, my Scuba Instructor said one thing that has stayed with me ever since....."You don't dive to get in shape - you get in shape to dive". What this means is getting some type of physical exercise - even if it is only walking for 20 minutes, 3 times a week. Doing yoga, or swimming are low impact options as well, and both have the added benefit of strengthening and stretching muscles that may otherwise not get a lot of everyday use.

Another thing you can do to prepare your body for the long awaited dive vacation is eat better foods for the 2 to 4 weeks before a trip. Try to avoid Fast Food and fried foods as much as possible. Eat more salads and fresh fruit. The healthier you are, the more enjoyable (and safer) your diving will be. Extra weight puts a strain on your heart and entire vascular system. Start to increase your fluid intake a few weeks before the trip. Drink two to four quarts of water and Diversitea per day. Even a cup of Diversitea a day will build up your reserves of Antioxidants and molybdenum, to help process the excess nitrogen gained while diving.

If you are really serious about being in top shape, plan to do a Detox Cleanse about 2 months before the trip. DO NOT do a cleanse the week before departing for your vacation! Your body needs time to purge toxins, and also to rebuild in a healthier way before you subject it to additional stresses. Likewise, if you're taking a lot of medication, speak with someone knowledgeable about cleansing, prior to undertaking the cleanse.

Another, less intensive way to help detoxify and rebuild your system is to take Vitamineral Green Superfood daily in juice (apple is good) or a Smoothie. Vitamineral Green contains many detox herbs as well as Wildcrafted and Organic Superfoods and Probiotics. By using it as one of your daily "meals" you will also have more energy and lose weight, too!

Also, when you're packing for your trip, remember to take along some protein bars for the surface interval! Although many Dive Operators will provide a healthy snack, such as fresh fruit, don't assume they always will! Diversitea created the Superfood Survival Kit, which has enough Diversitea, Raw Crunch Bars and Vitamineral Green for a week of boat diving. It comes with a Seattle Sports Drybag, too!

Whatever steps you take to prepare for your Dive vacation, remember to relax, breathe, and enjoy the incredible opportunity of visiting another world, even if only for an hour at a time!