



Staying Fit

Physical fitness is not only about external appearance. Regular exercising helps prevent lots of diseases like cancer, diabetes and heart disease. It is one of the most important things for improving your quality of life.

If you are just beginning, it is important to start off slow and work towards a realistic goal. Most people overdo it when they first start out and get discouraged when they wake up with pain and sore muscles. You can start by maybe just walking a mile every day for a couple of weeks and then slowly increase your exercise. This is good when weight training also, start off with smaller weights and then build up the weight as you get more comfortable.

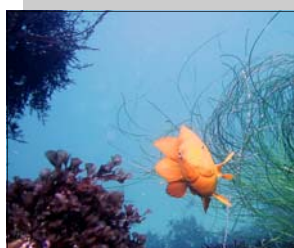
When you start making your exercise plan, think of activities that you like to do. Don't have things you dislike in your plan. There is no better way to guarantee that you fail. If you really enjoy what you are doing, it is much more likely that you will continue. And always try to challenge yourself. If you have been running the same trail for a month and you start finding

it easy, try a different and longer trail.

Many people don't like to go to the gym. You don't need expensive and confusing equipment to workout. As an alternative you could get a set of weights and a book on weight training. Just follow the instructions carefully and you can workout almost any muscle group this way.

Another idea is to workout with a friend. If you have a friend that is also planning to start exercising doing it together can help motivate you and make it more fun.

Regular cardio exercises is good for the heart and one of the most important things you can do to lose weight. The best exercises are things you enjoy doing so you'll stick to it for best results. Below are some tips on good activities for losing calories and getting in great shape!



1) Running is one of the easiest and best exercise activities you can do. When running you can burn 300 calories in 30 minutes and it doesn't require any special equipment.

2) Walking is something that fits into most people's lifestyle.

3) Swimming is ideal for a full body exercise and cardiovascular fitness. Spend 30 minutes swimming and burn 400 calories. Also, exercise in water is easy on the joints so you don't have to worry about high-impact injuries.

4) Bicycling offers good exercise for all ages by building strength agility. And people at any level of fitness can enjoy doing it. Depending on how fast you go, you can burn 250-500 calories in 30 minutes.

Cardio exercise can make you burn calories at a rate between 8 and 30 per minute. By exercising five times per week you can eat 25% more calories and still maintain your weight. Together with a healthy diet it is a really good way to lose weight.

1	Staying Fit
2	Bottom Bunch Membership List
3	Staying Fit cont
4	What to Dive Until you are
5	Feng Shui
	Mark Pidcoe's
6	BB Info

Wednesday,

March 4th, 2009

Casa Machado Montgomery Airfield, Admin Build, patio

6PM Meet & Greet dinner, 7PM Presentation and meeting.

2009 Bottom Bunch Members– Your Name Here!

BB-David Ambrose stargazer1@cox.net
 BB-Jim Anderson jimandscheryl@hotmail.com
 BB-Lee Anderson ls_andersen@yahoo.com
 BB-Albert Barnes albbar@cox.net
 BB-Bill Bathgate b bathgate@aol.com
 BB-Karin Filijan karfil@aol.com
 BB-Bob Beitzl bbeitzl@cox.net
 BB-Frances SanClemente fsanclemente@san.rr.com
 BB-Jessica Busk jrosebud72@yahoo.com
 BB-Ken Croff kcroff@san.rr.com
 BB-John Daley daleydiver@yahoo.com
 BB-Lawrence Daley daleydv@sbcglobal.net
 BB-Brian Downing brianjdowning@msn.com
 BB-Rima El-Hoss rima92103@yahoo.com
 BB-Paul & Karen Fleck kandpfleck@cox.net
 BB-Steve Gardner stevebumblebee@san.rr.com
 BB-Doug Goepfert dgoepfert@cox.net
 BB-Ellen Goepfert egoepfert@cox.net
 BB-Herb Gruenhagen hgruenha@nethere.com
 BB-Jeff Hannigan jthannigan@cox.net
 BB-Jessica Harned sunshinediver@gmail.com
 BB-Michael Hedman tallship56@yahoo.com
 BB-Chris Hopkins hopkinsch@gmail.com
 BB-Ken James kenjamespe@gmail.com
 BB-Rickie Kean rickie@att.net
 BB-John Leek jleek001@san.rr.com
 BB-Bonita Long Lapis27@aol.com
 BB-Dick Long rlong@cox.net
 BB-Susan Long susanlongis@cox.net
 BB-Joe Lucero jluzero@san.rr.com
 BB-Shanda Magill shanda.magill@yahoo.com
 BB-Kerry Mahoney Keret@aol.com
 BB-Melissa Maldonado MDiver@cox.net
 BB-Kris Minor krcarner@yahoo.com
 BB-Jamie Morales jayjasmin@hotmail.com
 BB-Greg Morris gmorris127@aol.com
 BB-Tracy Mues tiarmues2004@yahoo.com
 BB-Robert Nowland rbnoland@yahoo.com
 BB-Kaaren Page kaaren_Page@msn.com
 BB-Mark Pidcoe dapid2@cox.net
 BB-Steve & Laura Preddy spreddy@cox.net
 BB-Steve Raynes steveryns@yahoo.com
 BB-Sharon Redd sharon.Redd@am.sony.com
 BB-Robert Saderup mtndive@earthlink.net

BB-Holly Sanderson holly.trotter@gmail.com
 BB-Michael Sanderson mike.sanderson@gmail.com
 BB-Gary Stewart pe2nya@pacbell.net
 BB-Dan Stuhr stuhrcrazy@hotmail.com
 BB-Gena Wagner genaself@yahoo.com
 BB-John Wagner jlwagner2@hotmail.com
 BB-Kyle & Cody Walker diver2142@yahoo.com
 BB-Jon Walwick drwalwick@sbcglobal.net
 BB-Deborah Zambianco doctorz@san.rr.com
 BB-Mark Kelly & Deborah Zambianco mkkelly@san.rr.com



Jon Walwick after a nice dive on the Yukon.



Steve Gardner and divemaster helping Steve get aboard the Marissa.

Staying Fit continued...

But is it possible to do too much cardio training? It is, overtraining can affect metabolism and your body's ability to store fat and also the hormonal balance within your body. In fact, most people over train their bodies in this area more often than with weight training.

Strength training does not only build your muscles but it is also does much to improve your health. Weight training improves your immune system, combats type 2 diabetes, raises the levels of testosterone, helps grow bone and increasing bone density.

Due to decreased activity most adults lose about a half pound of muscle mass after the age of twenty. Strength training will give you an enhanced quality of life, making the effort required for daily routines like working in the garden or carrying groceries much less taxing.

When training your strength you must make your muscles work harder every time. The best way is to try to increase the weight/resistance or increase the number of repetitions for every workout. Another important part is intensity. If you do 10 repetitions and your body is capable of 15 your body will not make any improvements. It will only add muscle if you train at higher levels than it is used to. The final step once you have overloaded the muscles is recovery. It can take two to seven days for muscles to recover and make improvements and increases.

Body Mass Index (BMI) is a simple and widely used method for estimating body fat. BMI is defined as the person's body weight in kg divided by the square of the height in meters.

$$\text{BMI} = \text{kg}/\text{m}^2$$

BMI

Less Than 18.5	Underweight
18.5 - 24.9	Normal
25.0 - 29.9	Overweight
30.0 - 39.9	Obese
Over 40	Extremely Obese

A lot of people think that eating healthy and having a health lifestyle just means to maintain a diet which prevents obesity. While this is an important aspect of eating healthy there are many other factors in getting your body to work in the best possible shape.

For your body to stay in it's best condition it needs plenty of nutrients. Eating healthy means having a varied diet but enjoying food in the right portions. The first step you should take for a healthy lifestyle is balancing your food needs. It is a simple equation, the energy you take in must be equal to the energy you use. Eating more leads to excessive weight.

What is a healthy diet?

Fruits. Eat a variety of fruits every day but stay away from fruit juices, they contain a very high amount of sugar.

Vegetables. A diet which contains lots of vegetables can lower the risk of heart disease, cancer and stroke.

Whole Grains. Read the label on food and make sure you eat whole grain cereal, pasta and bread. Whole grain food is an excellent source of fiber.

Low-fat milk products. Eat low-fat cheese and drink low-fat milk. Dairy products helps building strong bones and will lower your risk of diabetes.

There are some unhealthy foods that you should try to avoid or eat in very small amounts. Foods containing large amounts of sugar, alcohol and saturated fat are all foods that contribute to diseases and poor health.

How do you stay motivated to continue your new healthy diet?

- Believe that you can do it and accept the responsibility for your own health.
- Celebrate you success and reward yourself each time you successfully complete a target.
- Always keep in mind what you are trying to achieve.
- Remember that every small step in the right direction brings you close to your goal.
- You will go diving more often too the better you feel.

Do You Want to Dive Until you are 100 Years Old?

It's been said that God first separated the salt water from the fresh, made dry land, planted a garden, made animals and fish... All before making a human. He made and provided what we'd need before we were born.

These are best & more powerful when eaten raw. We're such slow earners... God left us a great clue as to what foods help what part of our body! God's Pharmacy!

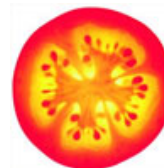
Amazing!

A sliced Carrot looks like the human eye. The pupil, iris and radiating lines look just like the human eye... And YES, science now shows carrots greatly enhance



blood flow to and function of the eyes.

A Tomato has four chambers and is red. The heart has four chambers and is red. All of the research shows tomatoes are loaded with lycopine and are indeed pure heart and blood food.



Onions look like the body's cells.

Today's research shows onions help clear waste materials from all of the body cells. They even produce tears which wash the epithelial layers of the eyes. A working companion, Garlic, also helps eliminate waste materials and dangerous free radicals from the body.



Grapes hang in a cluster that has the shape of the heart. Each grape looks like a blood cell and all

of the research today shows grapes are also profound heart and blood vitalizing food.



A Walnut looks like a little brain, a left and right hemi-

sphere, upper

cerebrums and lower cerebellums.

Even the wrinkles or folds on the nut are just like the neo-cortex. We now know walnuts help develop

more than three (3) dozen neurotransmitters for brain function. Kidney Beans actually heal and help maintain kidney function and yes, they look exactly like the human kidneys.



Celery, Bok Choy, Rhubarb and many more look just like bones. These foods specifically target

bone strength. Bones are 23% sodium and these foods

are 23% sodium. If you don't have enough sodium in your diet, the body pulls it from the bones, thus making them weak. These foods replenish the skeletal needs of the body.



Avocadoes, Eggplant and Pears target the health and function of the womb and cervix of the female - they look just like these organs.

Today's research shows that when a woman eats one avocado a week, it balances hormones, sheds unwanted birth weight, and prevents cervical cancers. And how profound is this?

It takes exactly nine (9) months to grow an avocado from blossom to ripened fruit. There are over 14,000 photolytic chemical constituents of nutrition in each one of these foods (modern science has only studied and named about 141 of them).



Figs are full of seeds and hang in twos when they grow. Figs increase the

mobility of male sperm and increase the numbers of Sperm as well to overcome male sterility.



Sweet Potatoes look like the pancreas and actually balance the glyce-mic index of diabetics. Olives assist the health and function of the ovaries.



Oranges, Grapefruits, and other Citrus fruits look just like the mammary glands of

the female and actually assist the health of the breasts and the movement of lymph in and out of the breasts.

Feng Shui

Feng shui is an ancient Chinese system of aesthetics believed to utilize the Laws of both heaven (astronomy) and Earth (geography) to help one improve life by receiving positive energy flow (Qi).

ONE. Give people more than they expect and do it cheerfully.

TWO. Marry a man/woman you love to talk to. As you get older, their conversational skills will be as important as any other.

THREE. Don't believe all you hear, spend all you have or sleep all you want.

FOUR. When you say, 'I love you,' mean it.

FIVE. When you say, 'I'm sorry,' look the person in the eye.

SIX. Be engaged at least six months before you get married.

SEVEN. Believe in love at first sight.

EIGHT. Never laugh at anyone's dreams. People who don't have dreams don't have much.

NINE. Love deeply and passionately. You might get hurt but it's the only way to live life completely.

TEN. In disagreements, fight fairly. No name calling.

ELEVEN. Don't judge people by their relatives.

TWELVE. Talk slowly but think quickly.

THIRTEEN! . When someone asks you a question you don't want to answer, smile and ask, 'Why do you want to know?'

FOURTEEN. Remember that great love and great achievements involve great risk.

FIFTEEN. Say 'bless you' when you hear someone sneeze.

SIXTEEN. When you lose, don't lose the lesson.

SEVENTEEN. Remember the three R's: Respect for self; Respect for others; and Responsibility for all your actions.

EIGHTEEN. Don't let a little dispute injure a great friendship.

NINETEEN. When you realize you've made a mistake, take immediate steps to correct it.

TWENTY. Smile when picking up the phone. The caller will hear it in your voice

TWENTY- ONE. Spend some time alone.



Mark Pidcoe Rules of Diving

1. No alcohol before or between dives. Drinking and Diving do not mix.
2. Safety stops for dives past 30' are mandatory.
3. I am a photographer, and that is why I dive! Understand that I will not be ignoring you, rather I focus on my photography 1st. I will show the subject to you after I get my photo.
4. Because of 2 above, any one of you may end up being the subject of my pictures, and they may end up in the newsletter. This can be negotiated at any time before or after the dive.

5. I do diving quit a bit different than Mikey or Wayne. I prefer to spend my air at the target location, not on getting there. As a result, surface swims of 1/4 mile or more are common for me. I am not in a hurry to get to the destination, or back to the beach.

6. Surface intervals are determined by max depth, not tank change time.

For every foot we descend, I will spend 1 min on the beach! This means for a 90' dive, I will not gear back up for the 2nd dive till I have been gear off in the parking lot for 90 minutes.

7. 1st diver to reach one-half tank pressure determines dive duration. This is the turn around point, when we will head back towards the beach. Do not worry about cutting the dive short because you go thru air at a different rate. I have never dropped a dive buddy from my list due to high air consumption. I have removed them for repeatedly misreporting remaining air pressure.

All divers are welcome, dry, wet, photographer, collector, high or low air consumption, experienced or beginner.

I do not have as much experience with all of the varied locations along the coast like Wayne, Mikey or some of the rest of you. But am willing to explore. I will consider any request for dive locations that you would like to visit, as I will want to visit them as well. I have no problem whatsoever if you and your buddy or buddies want to be shown where the location is, then go off and do your own dive, just please let me know before you head off on your own dive!



E-mail your newsletter submissions to:

hgruenha@nethere.com

Safety first then Fun!

2009 Officers:

President: Greg Morris

Vice Pres: Tracy Mues

Treasurer: Karin Filijan

Secretary: Jessica Busk

Dive Coord: Mark Pidcoe

The Bottom Bunch dive club started out as a Chula Vista Club more than 20 years ago. The Club motto is safety first then fun. The club loves to dive and loves to be safe too. Weekly dives are planned as well as monthly local boat trips, beach picnics, yearly Christmas party and many other activities. Please come and join the Bottom Bunch Dive Club and meet year next dive buddy who loves to dive as much as you do!

We meet the 1st Wednesday of each month at the Casa Machado on the Montgomery Airfield in Kearny Mesa. Bottom Bunch Dive Club yearly dues are only \$24 per person.

Committee Members:

Guest Speaker: Volunteer

Entertainment: Volunteer

Black Beards: Jessica Busk

Sales/Audio: Al Barnes

Welcoming:

Historian:

Newsletter: Herb Gruenhagen

Web Site:

www.bottombunchdiveclub.com

Casa Machado
MEXICAN BAR & GRILL
3750 John J. Montgomery Dr.
San Diego, CA 92123
Tel: (858) 292.47.16 fax: (858) 292.70.60

Learn Your Local Maritime History

Learning more about your local maritime and marine history is a great way to find the kind of inspiration you may need to help save the ocean.

1. Visit your nearest maritime museum.
2. Find out about historical research or archives on local ocean conditions and events at your community college or university, and see if these centers of information need volunteer help.

3. Involve your local high school or community group in a maritime history project.

4. Interview retired fishermen and women, dockworkers, life-guards, shipyard operators, merchant marine veterans, scientists, and others along the shore. Record their stories of the sea.

6. Help organize a local maritime festival commemoration or historic reenactment.

San Diego has become the home port of the largest naval fleet in the world, and includes two supercarriers, as well as Marine Corps stations, U.S. Navy ports, and US Coast Guard installations.

Did you know:

The Star of India is the world's oldest active ship...