

BOY SCOUTS DIVE FOR THEIR NEXT BADGE

PADI (The Professional Association of Diving Instructors) has teamed up with the Boy Scouts of America (BSA) to help bring forth the first new merit badge in three years—Scuba Diving.

Starting on December 1, 2010, Scouts will be able to earn this exciting new badge which leverages the BSA's spirit of outdoor activity and expands its aquatic offerings.

Here are some key facts to know about the new merit badge:

- Completing the Scuba Diving merit badge will result in the boy achieving an Open Water Diver certification enabling him to dive around the world with the appropriate supervision based on his age.
- Earning the Scuba Diving merit badge is open to all Boy Scout-age youth. There are, however, limitations based on age with respect to how deep and with whom a boy can dive. These limitations vary by certifying organization.
- Completion of the Swimming merit badge is required prior to entering into the scuba training portion of the program.
- Boys with a current Open Water Diver certification will NOT have to recertify in order to earn the merit badge. They will, however, have to have completed the Swimming merit badge, present their certification to the merit badge counselor and complete all the other requirements.

For more information, go to www.scoutstuff.org.

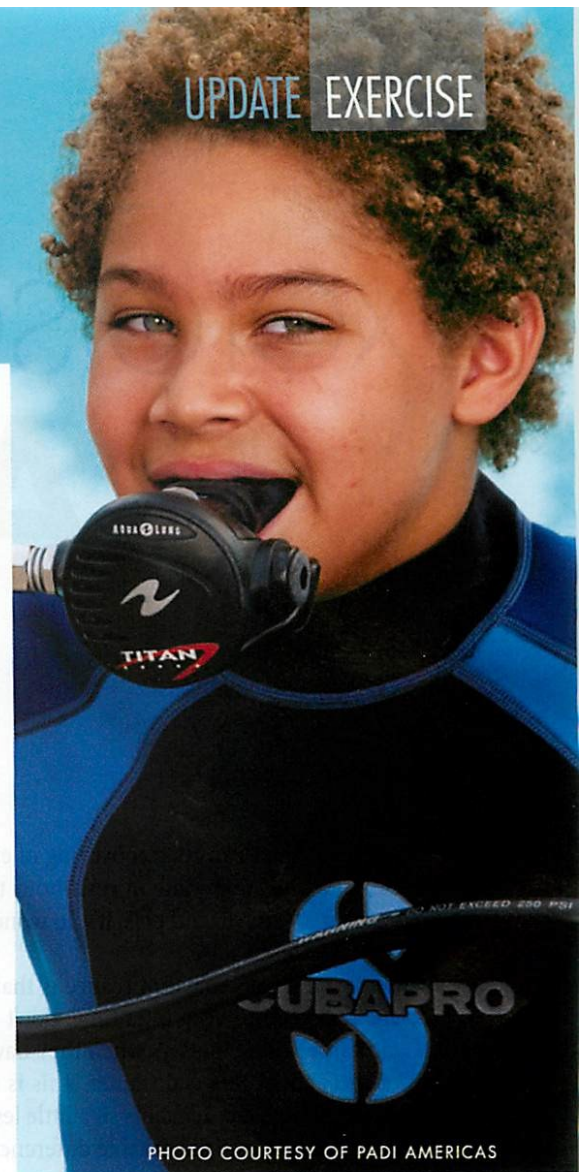


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STAND TALLER~LIVE LONGER

STAND TALLER~ LIVE LONGER

AN ANTI-AGING STRATEGY

10 Minutes a Day To Keep Your Body Active and Pain-Free

by Dr. Steven P. Weiniger

Dr. Steven P. Weiniger, internationally recognized expert on posture and anti-aging as well as rehabilitation and biomechanics, has released *Stand Taller~Live Longer: An Anti-Aging Strategy* (BodyZone Press, 2008) to show healthcare and fitness professionals how to progressively build daily posture exercise routines for the individuals they serve. In the process, clients reach a variety of crucial goals:

- Improving posture
- Rehab after injury
- Enhancing sports performance
- Increasing and maintaining activity within the aging population
- Correcting and strengthening posture in everyone from computer-bound teenagers to baby boomers and beyond

- Eliminating pain
- Increasing flexibility

The seven-week program detailed in *Stand Taller~Live Longer* combines cutting-edge research with interactive demonstrations and embodies the philosophy, "Use it to keep it." This user-friendly program takes just 10 minutes a day and the response, notes Dr. Weiniger, "has been amazing." He comments, "Physical therapists, trainers, doctors with all types of medical backgrounds, rehab centers, nursing homes, and people in physical education and college athletic departments are using the book to make a significant difference in the lives of those they work with." For more information, visit www.standtallerlive longer.com.