



Bull City Divers

Water World - Durham, NC

...increasing knowledge and conservation of the aquatic environment through dive fellowship

Bull City Divers Proudly Presents...

Neal W. Pollock, Ph.D.

Topic: Staying Fit for Diving

Thursday May 13th, 2010

6:30pm – 8:30pm

at Divers Alert Network (DAN) Headquarters in Durham

Every diver wants to be physically fit. Some are, some were, some could be and some, well.... Trends towards increasingly inactive lifestyles and a wide age range of participation make physical fitness issues important for diving enthusiasts and leaders. Adequate fitness reserves can help keep most small problems from becoming serious ones. This presentation will consider how to get fit, how to stay fit and how to reduce the physical demands of diving under any conditions.

Dr. Neal Pollock is a Research Director at Divers Alert Network (DAN) and a Research Associate in the Center for Hyperbaric Medicine and Environmental Physiology at Duke University Medical Center, both in Durham, North Carolina. His academic training is in zoology, exercise physiology and environmental physiology. His research interests focus on human health and safety in extreme environments. He has served as diving safety officer at the University of British Columbia and on the executive board of the Canadian Association for Underwater Science. He currently serves on the executive board of the American Academy of Underwater Sciences and on editorial boards of the journals *Diving and Hyperbaric Medicine* and *Wilderness and Environmental Medicine*. He has spent six seasons in the Antarctic as part of a diving research group with the U.S. Antarctic Program.