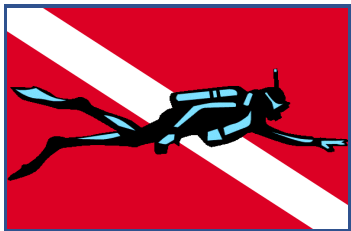


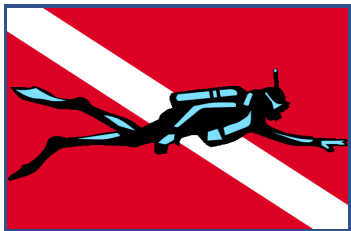
Improving Air Consumption



One of Most Common Question's!



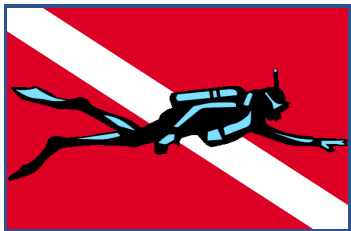
- **New Divers (and Experienced Divers) frequently ask what they can do to improve their Air Consumption.**
- **Why?**
 - **Longer Dives.**
 - **Increased Bottom Time.**
 - **Greater Chance of seeing more Marine Life..**
 - **Become a more confident scuba diver.**
 - **Hate to be the One to Cut the Dive Short!!!!**



Many Techniques to Improve



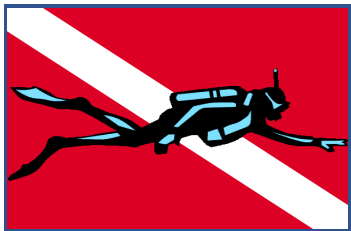
- There are a number of techniques / options to help you improve how long you can stay underwater----
- One Possibility:



Top Basic Techniques to Improve Air Consumption

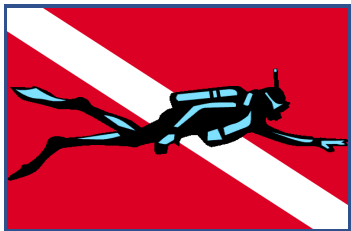


- **Breathe Slowly and Deeply.**
- **Swim Slowly.**
- **Buoyancy Control.**
- **Reduce Weight.**
- **RELAX and CHILL!**



Ultimate Goal





Additional Tips



-
- Dive More
 - Get in Shape.
 - Stay Warm
 - Adjust Your Trim
 - Arrive Early – Relaxed Setup.
 - Reduce / Fix Small Leaks.
 - Stay Shallow.
 - Streamline Your Gear.
 - Streamline Your Movements.
 - Kick Properly- Efficiently
 - Upgrade / Service Your Gear.
 - Sleep More, Party Less
 - Use Your Snorkel