

A Fishing Affair



Fishers bring out your flies and tackles. Step into those waders and call up your fishing buddies. Fishing season is upon us. Fishers should focus on having a safe and abundant run. Not only is it important to have proper fishing gear, but to know the water conditions. Another key factor is hydrating and eating right. Keeping energy and concentration levels up can help increase the chances of wrangling in a whopper.

Pre-trip Tips:

- Review basic CPR and first aid
- Have a valid Conservation and Fishing License
- Brush up on fishing ethics and etiquettes
- Visit the Montana Fish, Wildlife, and Parks website MTFWP
- Check all gear before heading out, this includes packing food, water, and sunscreen
- Inform a friend or family member of fishing spot



Tips to Prepare: The healthiest way to eat your catch is by poaching, steaming or baking. To add flavor use wine or lemon juice mixed with thyme rosemary or oregano and some finely chopped shallot. Not only is this a healthier option, it's a tasty marinate. To complete the meal incorporate a side of rice and a mixed salad.

Nutritional Facts: Though the streams and rivers of Montana offer an abundance of fish, it's important to know what type of fish is caught. Below is listed a few of the more common varieties:

Type	Calories	Proteins	Fats
Coho Salmon	285	42.4g	11.6g
Rainbow Trout	119	20.48g	3.46g
Kokanne Salmon (1/2 fillet)	168	21g	8.5g
Trout mixed species cooked	148	20.77g	6.61g

Fun facts: Whether fishing occurs in a boat, a stream, or off the bank, this activity can help burn calories. Depending on the type of fishing, you may burn up to [400 calories!](#) Next time someone begins nagging you about your lazy hobby, tell them contrary to popular belief, fishing is really about getting fit!

