

## CROSSFIT ONLINE COURSES

### SUPPLEMENTAL INFORMATION FOR PHYSICIANS

#### CME MISSION STATEMENT

CrossFit, LLC is dedicated to equipping healthcare providers with the skills, strategies, and support they need to counsel patients and prescribe exercise and nutrition as viable means of improving health. The CrossFit CME Program aims to develop a global team of practitioners who impact patient outcomes both by improving health and increasing patient engagement on the path to better health.

Physicians will demonstrate increased competence in applying the fitness and nutrition knowledge they acquire, synthesizing it into relevant and actionable information their patients can use to reduce the symptoms of chronic disease. Patients will experience improved health over time as a result of engaging in the process of utilizing lifestyle changes (e.g., fitness and nutrition).

#### ONLINE COURSES APPROVED FOR CME

The CrossFit Training department offers a variety of online courses available to physicians who want to improve their ability to incorporate fitness and nutrition into care plans for their patients.

[Online CrossFit Level 1 Course](#)—11 AMA PRA Category 1 Credits™

[Online CrossFit Masters Certificate Course](#)—7 AMA PRA Category 1 Credits™

[Online CrossFit Kids Certificate Course](#)—8 AMA PRA Category 1 Credits™

[Online CrossFit Anatomy Course](#)—5 AMA PRA Category 1 Credits™

[Online CrossFit Scaling Course](#)—2 AMA PRA Category 1 Credits™

[Online CrossFit Spot the Flaw Course](#)—2 AMA PRA Category 1 Credits™

#### DISCLOSURES

The individuals involved in course development have no relevant financial or non-financial disclosures to report related to the planning and presentation of each activity listed above.

#### ACCREDITATION STATEMENT

CrossFit, LLC is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

#### COMMERCIAL SUPPORT

The activities listed above are not commercially supported.

#### CME CERTIFICATES

CME certificates are provided electronically to all participants upon completion of a post-course survey and verification of attendance. Email [certifications@crossfit.com](mailto:certifications@crossfit.com) to request a survey link.

#### PATIENT EDUCATION RESOURCES

Information for [exercise demos](#), [daily workouts](#), and [articles](#) about exercise science, fitness methodology, and nutritional science can be found for free on [crossfit.com](http://crossfit.com).

#### CROSSFIT HEALTH

Completion of the Level 1 Certificate Course is required to be listed on the CrossFit Health Physicians Network on [crossfit.com](http://crossfit.com). For more information, contact [info@crossfithealth.com](mailto:info@crossfithealth.com).