



## **CROSSFIT 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).

### **CROSSFIT COURSES APPROVED FOR CME**

The CrossFit Education and 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.

[CrossFit Level 1 Certificate Course](#) - 14.0 AMA PRA Category 1 Credits™

[CrossFit Level 2 Certificate Course](#) - 13.0 AMA PRA Category 1 Credits™

[Online CrossFit Level 1 Course & Webinar](#) - 11.0 AMA PRA Category 1 Credits™

[Online CrossFit Nutrition I Course](#) - 7.0 AMA PRA Category 1 Credits™

### **DISCLOSURES**

The individuals involved in course development and delivery 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 [seminars@crossfit.com](mailto:seminars@crossfit.com) to request a survey link.

### **PATIENT EDUCATION RESOURCES**

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