



CrossFit Kids is coming to CIC starting June 15th. Classes will be Monday and Wednesday nights (5-8 year olds 5:15-6:15pm and 9-12 year old 6:15-7:15pm).

CrossFit can be a great base for kids to start a healthy lifestyle. CrossFit benefits kids not only physically but also emotionally. CIC will focus on sportsmanship, leadership, teamwork, listening skills, self-discipline, manners and nutrition. One of the main reasons we are starting CF Kids is because we want to help instill the value of fitness at an early age. It is also important to make sure kids find fitness FUN – if children grow up associating working out with being something enjoyable then they are more likely to keep fitness as a priority throughout their lives. It is our goal at CrossFit CIC that every child who participates in one of our classes leaves with a smile on their face, sweaty, healthier and feeling better about themselves than when they came in.

Looking forward to seeing your kids join our CIC family! We would love for the whole family to work out together. Sharing a love for fitness can be a time for your family to bond.

Announcements: Calling all kids ages 5-12 to come join our CIC CrossFit Kids program! Please email marisol@crossfitcic.com if interested in reserving your spot.

Nutritional Tip for Kids: We live in a Carb rich society. Help teach your kids about healthy foods. Next time you go to Chic-Fil-A instead of getting fried chicken nuggets with french fries ask for a grilled chicken nugget meal with fruit. Your kids will love it!

Kid's Paleo Friendly Recipe: Roast Beef and Cheese Cucumber "Sandwiches"



- 1) Peel and Slice Cucumbers
- 2) Slice Cheese into bite size squares
- 3) Fold Deli Meat of your choice into small squares
- 4) Assemble these healthier versions of lunch time cracker sandwiches in no time!

Recipe & Photo Credit:
<http://theworldaccordingtoeggface.blogspot.com/>