

3 Reasons Your Kids Should Try CrossFit

Adapted from [Becca Borawski Jenkins](#), founder CrossFit LA Kids

As a parent it can be daunting to select activities in which to enroll your child. How to choose between sports, dance, or martial arts or any other activity? Kids have a lot going on these days and they also have their own opinions about the activities they want to do. CrossFit can be a great base for kids to carry them into other sports and can develop them into healthy, fit human beings.

There are three main developmental areas kids can benefit from CrossFit.

Physical Benefits

CrossFit is great for kids because of the wide variety of disciplines it involves, from weightlifting to calisthenics to gymnastics. Kids' brains are like little sponges, ready to make neurological connections and adaptations. These connections in the brain are made in response to stimuli so the more kids are exposed to when they are young, the more they develop and retain for the rest of their lives. Think of friends you know who did not play sports growing up. Unless they have consciously worked at it as an adult, they may still be somewhat uncoordinated. On the other hand, adults who participated in athletics growing up are more likely to move efficiently and effectively.

Emotional Benefits

CrossFit, like many sports and martial arts, helps to develop children on an emotional level. Though not physical, sportsmanship, leadership, teamwork, listening skills, self-discipline and manners are all skills that are emphasized in CrossFit classes. Also, as children become fitter, and their abilities expand, confidence levels increase and they become less self-conscious when presented with other athletic situations. Many children involved with CrossFit lose weight, resulting in a positive change in body image and a boost in self-esteem.



Fitness as a Lifestyle

Teaching kids the value of fitness at an early age will carry on into their adult lives. It is important to make sure kids find fitness fun – if children enjoy working out, and see the benefits to their bodies and health, they are more likely to make fitness a priority in their lives. Being active and eating healthy becomes a natural choice (nutrition chats are frequently incorporated into our classes). Enrolling kids in a general fitness program like CrossFit shows them that their health and fitness is something you prioritize and want to educate them about.

The benefits of a program like CrossFit Kids can be long-lasting for children, both physically and mentally, and it is a great activity for children to get into at any age. At CrossFit Kitchener we coach kids from ages 5 to 17. At the younger ages, CrossFit develops their bodies across a broad range of skills, incorporating many things kids do naturally in play -- run, jump, skip, throw, catch, push, pull, lift and climb. By exposing them to a variety of stimuli, their bodies adapt and grow both physically and neurologically. For teenagers, CrossFit is a fun and efficient way for them to develop the coordination, strength and conditioning required to excel in another sport or to maintain a high level of fitness. **Sharing a love for fitness is a great time for your family to bond.**

We have classes for children and adults as well as **FamilyFit Classes** where parents and kids can work out together. 😊



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