

Sand Dunes CrossFit Looking For Local, Everyday Heroes

Written by Australian Business

DESTIN, FL, October 02, 2013 **/24-7PressRelease/** -- With the motto of 'Improve Everyday', its easy to see why Sand Dunes CrossFit is committed to helping Emerald Coast residents make fitness a priority " CrossFit is a training tool used by the military and many first responders, so throughout the athletic community, there's a sense of civic responsibility and community service. "While some of my clients are military, many are just connected to the community, and have an eye and ear on people who are going above and beyond traditional community service.

What I want to do is open my doors to some deserving people who may not have the financial resources to commit to an intensive physical training program. I'm asking the Destin community to nominate "every day heroes"; someone who could use some additional self -care in recognition of everything he or she does for his or her friends and family", says Evan Chelini, owner and operator of Sand Dunes Cross Fit in Destin, FL.

Nominations are being accepted via the Sand Dunes CrossFit Website. Whether you are nominating yourself or someone else, entrants are asked to answer the following question: "What do you feel you are missing in your life that fitness can help you find or regain? Since community is such an important part of Cross Fit, current gym members will decide which submissions will be accepted. "Whether you have been fighting some medical issues or have just lost touch with the importance of physical fitness because life has gotten too hectic, the community of Sand Dunes CrossFit is dedicated to helping you regain your footing and prioritize self care, especially if you have made caring for others a priority", concludes Evan.

CrossFit is the principal strength and conditioning program for many police academies and tactical operations teams, military special operations units, champion martial artists, and hundreds of other elite and professional athletes worldwide. The CrossFit program is designed for universal scalability making it the perfect application for any committed individual regardless of experience. With a commitment to small classes and individual attention, participants in the Sand Dunes Cross Fit program will receive individual attention and coaching, designed to help them "be better everyday".

For more information about Sand Dunes Cross Fit, be sure to Like us on FACEBOOK and Follow us on Twitter, @SandDunesCF.

Sand Dunes Fitness is a strength and conditioning firm founded with the idea of improving the lives of everyone involved. We offer broad and inclusive fitness training for anyone who is serious about getting better.

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We strive to build a community on the Emerald Coast. Helping people reach their goals, and empower their lives.

Our motto is to Improve every day.