

WWP News & Media: Veteran Group Outings, Charity Events, Helping Vets

### 3-Day Health and Wellness Summit for Injured Service Members

#### **Participants Learn Proper Fitness and Nutrition on the Road to Recovery**

TUCSON, Ariz., Feb. 5, 2016 /[PRNewswire-USNewswire](#)/ -- Wounded veterans and family support members local to Tucson participated in a health and wellness summit. The 3-day event offered the group a chance to try various fitness activities and learn cooking techniques and proper nutrition. The summit introduced participants to longer term continuing programs dedicated to just one of the activities they tried. This event, and the longer 12-week commitments, are part of the Physical Health & Wellness program, one of 20 free programs and services offered through Wounded Warrior Project® (WWP).

Physical Health & Wellness (PH&W) events are designed to reduce stress, combat depression, and promote an overall healthy and active lifestyle by encouraging participation in fun, educational activities. PH&W has something to offer warriors in every stage of recovery.

National Guard veteran and WWP Alumnus, Claudia Guillen-Vera enjoyed the experience, "The summit was absolutely amazing! It opened my eyes to the vast amount of activities that can be done even if you have a limiting disability."

Each day featured three to four activities, including title boxing, CrossFit, and MMA workouts. Participants also tried hiking and learned how being active outside can be a huge stress reliever.

"My absolute favorite part was the hiking. I was able to appreciate nature, and everyone participating agreed that it was so much fun," Claudia said. "Although I also loved being able to ride a bike again, and CrossFit helped the muscles in my body that need it most!"

The group learned the proper use of foam rollers to alleviate pain and decrease risk of injury, and how to shop smart, frugal, local, and in-season during a grocery store tour. Good nutrition in the basket transcends into healthy meal preparation, which participants learned in the cooking classes.

"To be honest I learned a lot from each event. MMA gave me back confidence... and the cooking class showed me how easy it is to make something healthy and delicious," Claudia said.

"Having a disability is no longer an excuse to be unhealthy or unfit. We might be slower, in pain, and require more adaptable equipment but with small changes and the right attitude we can see past our limits. This summit encouraged us to continue and motivated us to become better...for that we are extremely grateful."

WWP Physical Health & Wellness programs focus in four key areas; Inclusive Sports, Fitness, Nutrition, and Wellness. Activities and programs are planned throughout the year for hands on participation and longer term commitments. Building a strong background of health and wellness is a key component to recovery for injured service members.

#### **About Wounded Warrior Project**

The mission of Wounded Warrior Project® (WWP) is to honor and empower Wounded Warriors. WWP's purpose is to raise awareness and to enlist the public's aid for the needs of injured service members, to help injured servicemen and women aid and assist each other, and to provide unique, direct programs and services to meet

their needs. WWP is a national, nonpartisan organization headquartered in Jacksonville, Florida. To get involved and learn more, visit [woundedwarriorproject.org](http://woundedwarriorproject.org).

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