

Wounded Warrior Project Hosts Challenging TRX Workout for Injured Veterans

PHOENIX, March 17, 2017 /[PRNewswire-USNewswire](#)/ -- Physical health and wellness training is one of the best ways for warriors to lose weight and get active again. That's why Wounded Warrior Project® (WWP) recently hosted a TRX suspension training session for a group of warriors looking to tackle their fitness and health goals. It was also an opportunity for connection; like all WWP program events, this TRX training session supports the long-term recovery needs of warriors by reintroducing them and their families to the unique bonds experienced during military service.

"I did not know anyone coming into this event," said Army veteran Eric Giambelluca. "But I did not feel nervous about meeting new people because Wounded Warrior Project staff were extremely welcoming and friendly in all of our communication about the event. I fit right in – right from the jump."

As warriors assembled for the workout and trainers began to get everyone organized, Eric reflected on his physical state and when he last exercised.

"I was joking around with another warrior about how bad we thought we would do in the class and how out of shape we were," Eric said. "I quickly learned what my limits were. It had been a long time since I exercised that much in one session. Staying active also ended up being the most rewarding part of the day, due to supportive peers and good instructors. I learned what worked best for me and that great exercise does not require me to go to a gym and lift heavy things – something I have always hated."

WWP's physical health and wellness programs challenge warriors physically and provide opportunities to learn more about fundamental health topics like workout techniques and nutrition. They also provide mental benefits; in a [WWP survey](#) of the injured warriors it serves, 29.6 percent of survey respondents expressed physical activity helps them cope with stress and emotional concerns.

"The workout was challenging, and I would in turn challenge other warriors to ask yourselves what you have to lose," Eric said. "You will more than likely make friends and experience something new. You won't know unless you try!"

To read the rest of this story, visit <https://newsroom.woundedwarriorproject.org/Wounded-Warrior-Project-Hosts-Challenging-TRX-Workout-for-Injured-Veterans>.

About Wounded Warrior Project

Wounded Warrior Project® (WWP) connects, serves, and empowers wounded warriors. Read more at <https://newsroom.woundedwarriorproject.org/about-us>.

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