

Veterans Improve Mental, Physical Health on Wounded Warrior Project Hike

OHIOPILE, Pa., Nov. 30, 2017 /[PRNewswire-USNewswire](#)/ -- Veterans got physical on a recent Wounded Warrior Project® (WWP) hike at beautiful Ohiopyle State Park. Warriors trekked to Cucumber Falls and then on to Great Gorge Trail – totaling close to five miles.

"It's a great opportunity to get out and spend time with other veterans and to challenge yourself to accomplish goals you thought you couldn't," said Navy veteran Jason Miller. "It was a workout, but fun, challenging, and a great experience." Jason also said this event encouraged him to participate in other WWP connection events.

WWP program events like this give wounded warriors an opportunity to experience veteran peer support firsthand. These social gatherings get them out of the house and connect them with fellow service members and their communities.

Army and Air Force veteran Dan Brion and his wife Sue, both first-time WWP event participants, enjoyed the waterfalls and trails in Ohiopyle State Park.

"It was totally awesome," Dan said. "I appreciate what Wounded Warrior Project is doing for veterans." Dan and Sue feel positive about taking part in more WWP gatherings.

During the invigorating hike, warriors took time to enjoy and photograph the wonders of nature, such as the park's river cascades and Flat Rock areas.

In a WWP survey (<https://www.woundedwarriorproject.org/survey>) of the injured warriors it serves, 30.3 percent of survey respondents expressed physical activity helps them cope with stress and emotional concerns. Programs like this highlight the importance of managing mental health through physical activity and connecting with other veterans.

To learn and see more about how WWP's programs and services connect, serve, and empower wounded warriors, visit <http://newsroom.woundedwarriorproject.org>, and click on multimedia.

About Wounded Warrior Project

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

SOURCE Wounded Warrior Project

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<https://newsroom.woundedwarriorproject.org/2017-11-30-Veterans-Improve-Mental-Physical-Health-on-Wounded-Warrior-Project-Hike>