

## Yoga Helps Wounded Warriors Reach 2018 Fitness Goals

JACKSONVILLE, Fla., Feb. 20, 2018 /[PRNewswire-USNewswire](#)/ -- Wounded warriors from Jacksonville, Florida, recently gathered at Wounded Warrior Project® (WWP) headquarters to incorporate yoga in their healthy workout routine. Many Americans regularly wish for better sleep and more mobility in their daily lives, but it's especially desirable for wounded veterans who deal with both visible and invisible wounds of war. Yoga has become a popular choice among warriors and their family members to meet health and wellness goals for the new year.

"I've never done yoga before," said U.S. Navy wounded warrior Vinnie Godette from Jacksonville, Florida. "It was more intense than I imagined. You're engaging so much of your body without exerting constant force, so it gives me other workout options to mix into my daily routine outside of weights and a treadmill."

These types of physical wellness clinics are part of WWP's Physical Health and Wellness program. Warriors attending these events praise the program for connecting them with fellow service members in the community, thus minimizing isolation and creating a support structure, and helping them regain control of their healing process.

In a recent [WWP survey](#) of the injured warriors it serves, more than half of survey respondents (51.6 percent) expressed they talk with fellow veterans to address their mental health issues, and 30.3 percent indicated physical activity helps with their recovery. Programs like this highlight the importance of managing mental health through physical activity.

"I would definitely do it again, and I highly recommend it for other injured veterans," Vinnie said. "Not only did I learn something new, but it was also great hanging out with my fellow warriors. We got to talk before class, watch each other suffer, and help each other push through."

Thanks to generous donors, WWP provides injured veterans and their family members free programs and services that are uniquely structured to increase warrior connection, mental and physical health and wellness, financial wellness, independence, government relations, and community relations and partnerships.

To learn more about how WWP connects, serves, and empowers wounded warriors, visit <http://newsroom.woundedwarriorproject.org>.

### 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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