

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

Warriors Work on Wellness at UFC Boxing Class

WAUKEGAN, Ill., June 16, 2018 /[PRNewswire-USNewswire](#)/ -- Injured veterans participated in a dynamic boxing class during a recent Wounded Warrior Project® (WWP) event. Warriors learned how to maximize their workout with this empowering method of exercise at the Ultimate Fighting Championship® (UFC) Gym at Oak Lawn.

"I'm always looking for ways to stay in shape and have fun," said Army Reserve veteran Levy Cordero from Waukegan, Illinois. "It was challenging, and it kicked up my cardio. I learned how to properly throw a left hook — always thumbs up when executing the punch."

WWP Physical Health and Wellness events are designed to connect warriors with training, skills, and techniques that empower them to reduce stress, combat depression, and live an overall healthy and active lifestyle.

Warriors used wraps and gloves and learned techniques that accommodated their skill levels. They were invited to arrive at the gym early so they could become familiar with the equipment.

"All of us had different fitness levels," Levy said. "I saw some familiar faces, and I met a Marine who was attending his first event. He ended up being my sparring partner."

"I'd like to attend more physical events — maybe something like a ping pong tournament," Levy said.

"Wounded Warrior Project is important to me because it provides the support and services my family and I need through their mental and physical health and wellness programs."

In a WWP [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.

WWP has been connecting, serving, and empowering wounded warriors for 15 years. To learn more, visit <http://newsroom.woundedwarriorproject.org>.

About Wounded Warrior Project

Since 2003, Wounded Warrior Project® (WWP) has been meeting the growing needs of warriors, their families, and caregivers – helping them achieve their highest ambition. Learn more: <http://newsroom.woundedwarriorproject.org/about-us>.

SOURCE Wounded Warrior Project

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