

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

Wounded Warrior Project Hosts Veterans for Interactive Fitness and Nutrition Seminar **Injured Veterans Participated in Health and Wellness Event in New Orleans**

Jacksonville, Fla. (July 21, 2015) – The Wounded Warrior Project® (WWP) Physical Health and Wellness Program hosted a group of wounded veterans for a full-day fitness and nutrition seminar at Revolution Fitness in New Orleans, Louisiana. Revolution Fitness is an elite athletic training facility that combines functional training tools and innovative programs to ensure optimal physical performance.

Through informative lectures, hands-on demonstrations and training sessions conducted by elite training coaches, veterans received an array of information and techniques to take home for improved daily wellness – free of charge through WWP.

Deron Santiny, a retired United States Army veteran and Purple Heart recipient, attended the seminar and said it was a positive experience. Deron was injured during a deployment to Baghdad when his vehicle was hit by an improvised explosive device (IED) on a routine patrol. Of the seminar he said, “I went because I wanted to take on the challenge and get more involved. It was an awesome experience and very much worth the drive. Events like these are needed to keep veterans active.”

Seminar sessions included: evidence-based nutrition, clean eating, corrective exercises, sports science yoga, and a trademark “THRIVE” workout. The event closed with a grocery store tour so that participants could apply their knowledge about proper nutrition, healthy shopping, and cooking techniques from the morning lectures. Attendees created their own healthy meals and bonded by discussing their choices over dinners they prepared themselves.

As part of the event, participants went through a functional movement screening to identify movement tendencies in each individual and provide adaptive techniques to overcome movement limitations. Deron recently underwent a 20th surgery on his hand and shoulder; he said the adaptive techniques he learned will serve him well. “I learned not to give up if one method doesn’t work,” he said.

Each attendee left with a personalized workout program to ensure they continue along the path to a healthy lifestyle.

WWP’s Physical Health and Wellness Program is dedicated to creating impactful activities for injured service members, families, and caregivers that improve physical health and lead to positive, active lifestyles. This interactive fitness and nutrition seminar is one of many high quality events for wounded veterans.

To learn more about the Physical Health and Wellness Program or other services and programs provided by WWP, contact the WWP Resource Center at 888.WWP.ALUM (888.997.2586) or resourcecenter@woundedwarriorproject.org.

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 of, and to enlist the public’s aid in meeting, the needs of injured service members; to help injured servicemen and women aid and assist one another; and to provide unique, direct programs and

services to meet their needs. WWP is a national, nonpartisan organization headquartered in Jacksonville, Florida. For more information or to get involved, visit woundedwarriorproject.org.

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