

Veteran Regains Control of His Life Through Online Fitness Program

Service offered as part of Wounded Warrior Project Physical Health & Wellness Program

Pittsburgh, Pa. (September 1, 2015) - When Robert Anderson retired from the U.S. Army, his body served as a constant reminder of the wear and tear that can only come from over a decade of military service. His knees were regularly in pain from an injury suffered jumping out the back of a helicopter in Iraq, while his shoulders ached from years of labors associated with serving his country. Additionally, he suffered the invisible wounds of war, battling post-traumatic stress disorder (PTSD).

As a result of his PTSD and physical limitations, Anderson began to gain weight and felt like he lacked a sense of purpose. It wasn't until he discovered the programs and services available to him through Wounded Warrior Project® (WWP) that he realized his potential instead of his limitations. By attending a Cleveland Browns game with his fellow injured service members through the WWP Alumni program, Anderson took his first steps on the road to recovery.

"I was in a dark place," Anderson says. "Now I feel great. I can truly say that Wounded Warrior Project saved my life."

He became involved with the online fitness initiative offered as part of the WWP Physical Health and Wellness program. Through this program, Anderson and all WWP Alumni who sign up receive a gym membership, a biometric health screening, 11 private physical training sessions, and nutritional counseling.

In less than three months, Anderson has lost over 20 pounds, lowered his cholesterol, improved his overall health score, and, more importantly, has rediscovered his independence while reconnecting with his family. "This experience has changed my life. Before this program, I forgot how to be a dad and a husband. Now I can get out and enjoy being active with my family."

Anderson has now signed up for a powerlifting program through WWP and would like to continue pushing himself toward a healthier lifestyle. "I'd like to get back to playing basketball," he says. "I want to push myself and see how far I can go."

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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 and to enlist the public's aid for the needs of injured service members, to help injured servicemen and women aid and assist each other, and to provide unique, direct programs and services to meet their needs. WWP is a national, nonpartisan organization headquartered in Jacksonville, Florida. To get involved and learn more, visit woundedwarriorproject.org.