

Female Veterans Get Suspended During Physical Training

Wounded Warrior Project Hosts Day Exercise for Injured Service Members

PHOENIX, March 23, 2016 /PRNewswire-USNewswire/ -- Suspending themselves off the floor, female Wounded Warrior Project® (WWP) Alumni and their families recently connected for a day of physical training and camaraderie. Agility360 joined WWP to help organize the event in support of WWP's Physical Health and Wellness (PH&W) program, one of the 20 direct programs and services WWP offers wounded veterans, caregivers, and families, free of charge.

"When we first arrived, the instructor gave us the overview of what we were doing," said WWP Alumna and Army veteran Antoinette Grimes. "The staff wanted to make sure we were comfortable and tried to accommodate us whenever possible. It was a welcoming environment right from the start."

The physical training in which participants engaged focused on the TRX method, which incorporates suspension training and uses a person's bodyweight to develop strength, balance, flexibility, and core stability simultaneously. After some stretching, the Alumni dove right in.

"We began the workout, which was quite challenging," Grimes said. "Afterward, we took a break to perform 20 minutes of meditation. It was very similar to yoga. I have a hard time meditating because I can't stop thinking about things, but the instructor gave us tricks and tips to help us clear our minds and relax."

Participants were also shown the MELT method, which offers self-treatment for chronic pain and erases the effects left behind by aging and injuries that some people get from leading an active lifestyle. Afterward, Alumni enjoyed brunch while socializing with each other.

"Although I already knew one person from a past WWP cycling program coming into this event, it was very easy to talk to people here," Grimes reflected. "I love that Wounded Warrior Project hosts female only events like this, because it gives us a chance to discuss how our recoveries are progressing, and share different therapies that are unique to us as women. A lot of the women at the event were in the Army just like me and it was good to bond over that shared experience."

In February 2016, 917 Alumni got their blood pumping during PH&W program events. Through PH&W programs, wounded veterans can reduce stress and depression while being empowered to live an overall healthy lifestyle by participating in fun, active, and educational activities. PH&W events are designed to show injured service members that regardless of their physical injuries, they can maintain an active way of life. From myofascial release and yoga instruction, training plans for running, and healthy cooking classes, the WWP PH&W program offers injured veterans a chance to discover healthier lifestyles in a variety of ways. Along with the health benefits associated with PH&W services, Alumni have the chance to bond with other wounded veterans and family support members.

In addition to PH&W programs, Wounded Warrior Project offers many other direct programs and services that make a difference in the lives of wounded veterans, like the Long-Term Support Trust. Established in 2014, the Long-Term Support Trust works to ensure the long-term care of this generation's most seriously injured veterans – those with moderate-to-severe brain injuries, spinal cord injuries, or other neurological conditions – who, upon the loss of their caregiver, are at risk for institutionalization.


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.

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