

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

Wounded Veterans Explore Fitness Options

HAMPTON, Va., May 26, 2016 /[PRNewswire-USNewswire](#)/ -- Find a physical activity you enjoy and it won't be considered exercise. This is exactly why Wounded Warrior Project® (WWP) brought wounded veterans and their families together to challenge themselves with various fitness activities. Not everyone could perform each workout, but having the option to try gave warriors a jumpstart towards their recovery.

The "Aerobathon" started with a 30-minute Spin® class, followed by a power workout and 30-minute Zumba® class, and as if that wasn't enough, there was still more time set aside for meditation and a yoga class.

"Initially, I didn't read the event newsletter too closely and thought I signed up for a yoga class. But I enjoy being with other warriors and thought I'd try all the exercise options," said Placida Michel, U.S. National Guard veteran and WWP Alumnus. "The Spin class was a lot of fun, even with my injured knee. I appreciate how the instructor took the time to fit each bike to the rider and offered pointers on how to maximize the workout."

The day's activities gave warriors and their families an opportunity to try many fitness programs to see what they like. WWP now plans to arrange 8-week Spin and power workout classes for local wounded veterans.

"I really wanted to do the power workout, but that was too much for my knee injury," Placida said. "But I did try it! Thankfully some of the other options worked better for me."

Many wounded veterans face similar challenges adjusting to their injuries and civilian life. Sharing their recovery with other warriors allows them to create a bond and realize they are not alone. Those who attended this event talked about what types of fitness programs they've tried, and how each assisted with their injuries and recovery efforts.

"The Zumba instructor was full of energy and let us have some fun with the moves in the workout. I found it very entertaining," Placida said.

Placida said he tries to attend as many WWP program events as possible, and he always enjoys himself. "I can honestly say that I always feel welcomed and like I matter when I attend Wounded Warrior Project events," he said.

Read more about warriors moving toward recovery at <https://www.woundedwarriorproject.org/mission/meet-a-warrior>.

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 <https://www.woundedwarriorproject.org/>.

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<https://newsroom.woundedwarriorproject.org/2016-05-26-Wounded-Veterans-Explore-Fitness-Options>