

Injured Veteran Rediscovered Her Dream In Physical Health Program for Wounded Veterans

CENTENNIAL, Colo., June 9, 2016 /[PRNewswire-USNewswire](#)/ -- When Wounded Warrior Project® (WWP) Alumna Ingrid Tyson pulled into the parking lot of Life Time Fitness in Centennial Colorado, she gave herself a pep talk. This was going to be a defining moment in the commitment she had made to herself.

"It was rubber meets the road," Ingrid said. "Everything I needed and wanted was in the car with me. My higher power, my tenacity, my intelligence, my capability, and my body. There were going to be days where it was too snowy, too cold, when I didn't want to drive the 30 minutes one way to get here, and when I would be tired. But those were the days when I needed to remember that I deserve this opportunity. The only thing stopping me, was me, and I was not going to get in my own way anymore."

In 2008, Ingrid was serving her 11th year in the Air Force when she received the devastating news that she had multiple sclerosis. Shortly thereafter, she lost her ability to read, use of her left arm, and the ability to work.

"I was medically retired and sent home with the bewilderment of the diagnosis and the fact that I could no longer be me," Tyson said. "It was a devastating moment and I didn't know what to do."

Ingrid's dream to be a fitness competitor was now seemingly out of reach. It was a reality that was difficult to face - her injuries held her back and the frustration began to set in

"I was adrift," Ingrid said. "I tried to stay positive, but it was difficult some days. I became isolated and even angry at times for what happened."

In January 2015, she became involved with WWP and participated in several program events that gave her access to nutrition coaching, physical training, and other tools that helped her stay healthy. Through these events, Ingrid made improvements physically and found new ways to stay active, despite her injuries.

"In December 2015, I ran 5.38 miles for the first time in my life. I have lost a total of 25 pounds and am back lifting weights," said Ingrid. "Wounded Warrior Project has given me my life and my dream back. I don't know where I would be now, if I hadn't found them when I did."

Wherever wounded veterans are in their recovery, WWP works to make sure that warriors receive the physical training and help that they need to reduce stress, combat depression, and live a healthy and active lifestyle, free of charge. WWP proudly works with organizations like Life Time to create opportunities for wounded veterans to stay active and learn that regardless of their physical injuries, they can stay physically fit and participate in the same activities they enjoyed before they were injured.

Through a strategic collaboration between WWP and Life Time, Ingrid was given a six month membership, 11 personal training sessions and biweekly health assessments with the goal of helping her achieve her health objectives and fitness goals. To date, more than 1,300 warriors have been served in this program at Life Time destinations nationwide. The program at Life Time Fitness is one of the many programs offered to warriors and their families. For more information on all the physical health programs that WWP offers, warriors can contact their PH&W coordinators. To learn more about how you can get involved with WWP, visit:

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

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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<https://newsroom.woundedwarriorproject.org/2016-06-09-Injured-Veteran-Rediscovered-Her-Dream-In-Physical-Health-Program-for-Wounded-Veterans>