

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

WWP Encourages Veterans to Reach the Top **Summit Opportunity Included Mountain Hike and CrossFit**

EL PASO, Texas, July 6, 2016 /PRNewswire-USNewswire/ -- Warriors and their families enjoyed the opportunity to ascend mountains and reach pinnacles – both literally and figuratively – in a recent Physical Health and Wellness summit. Wounded Warrior Project® (WWP) guided participants on a 4.4-mile hike, taught CrossFit basics, and reviewed nutrition principles.

Active duty Army soldier Jaime Hernandez said his favorite part of the weekend was the hike at Mount Cristo Rey.

"It brought a lot of team cohesion within the group. We motivated each other to push through the difficult times," Jaime said.

The summit allowed participants to learn about other WWP programs, which can aid veterans mentally and physically as they recover. Events like this also give warriors an opportunity to bond over shared backgrounds. Jaime met new friends and even found out he lives near another service member.

"It was great to meet people who have similar career experiences," he said. "Our family dog Chico was also able to join in on the fun!"

Ovidio Mejia, who is currently serving in the Army, enjoyed the challenging aspects of the summit as well as the views.

"The hike to the top of the mountain was very strenuous, but my family and I did an amazing job together," he said. "Once we were at the top of the mountain, the scenery was amazing."

The CrossFit and nutrition clinics benefitted all participants, regardless of experience level.

"The staff were really friendly and knowledgeable, and I learned how to properly do exercises in a way that prevents injury," Ovidio said.

After lots of learning, connecting, and overcoming, the warriors were rewarded with a view of two states and Mexico at the crest of the mountain. "I would do it again," Jaime said.

About Wounded Warrior Project

The mission of Wounded Warrior Project® (WWP) is to honor and empower Wounded Warriors. The WWP 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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