

## Wolverines Work Out with Wounded Warrior Project Veterans

ANN ARBOR, Mich., Aug. 1, 2016 /[PRNewswire-USNewswire](#)/ -- Making University of Michigan football fans everywhere jealous, a group of wounded veterans attended a program event at the school's training facilities, hosted by Wounded Warrior Project® (WWP). Wolverine trainers from the university were present to give specialized training to warriors, their caregivers, and families.

"They broke us down into teams with two coaches each," said wounded warrior Courtney Carpenter. "The number of staff made it so every warrior could basically have their own trainer. The coaches were all very friendly and welcoming and did a short introduction describing their experience."

Trainers went into depth teaching technique, form, and proper stretching. Warriors in attendance had military experience with physical training, but the trainers still pushed those participating to dig deeper. The combination of squats, dynamic stretching, bench presses, and clean and jerks challenged Ryan Cauley, a wounded warrior and Army veteran.

"These guys had actual schooling for their training, and they know how the muscles work," Ryan said. "The staff worked hard to ensure my training matched my needs because I have a harder time with legs due to my injuries. They made it clear that they were going to show us how to do these exercises properly."

Programs like this give warriors a chance to face their physical challenges on their own terms and find the skills they need to enjoy the physical activities and healthy lifestyles they enjoyed before their injuries. Warriors also have the opportunity to bond with other wounded veterans to discover they're not alone in their recovery.

"I didn't know anyone else going to this event, but the enthusiasm of the staff and the other warriors helped me relax and enjoy myself," Ryan said. "I was able to meet new people, and I came out of my shell. Staff members gave us their cards and told us to reach out if we needed help, or if we came out to a Wolverine game in the future. Wounded Warrior Project really took care of us at this program event."

In addition to the training opportunities, a nutritionist was on site to offer advice and coaching on proper eating habits and food preparation. Warriors asked questions and received instruction during a lunch provided by WWP. At the end of the day, each warrior was given a workout plan that was custom-tailored to his or her needs with instructions on how to perform each exercise in the plan.

"For people who are Wolverines fans, like myself, it was an amazing experience to see the football facilities up close and use them," Ryan said. "If you're a kid growing up around Wolverines football, you dream about stuff like this. Seeing where the teams play in person is pretty great, and I'm excited for the next workout and nutrition class Wounded Warrior Project hosts here."

Every single day, wounded veterans face similar challenges when returning to civilian life after military service; the visible and invisible wounds take their toll on even the toughest members of the armed forces. WWP meets warriors in various stages of recovery and provides health and fitness services that include weight training, yoga, cycling, outdoor activities, and nutrition workshops.

## 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](http://woundedwarriorproject.org).

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