

## Wounded Warrior Project Strengthens Bodies and Minds Alongside Salukis

CARBONDALE, Ill., Aug. 15, 2016 /[PRNewswire-USNewswire](#)/ -- Southern Illinois University put its hospitality on display – and guests to the test – during a recent group workout hosted at its state-of-the-art training facilities. Wounded Warrior Project® (WWP) sponsored the gathering and gave a group of wounded veterans the chance to come together and learn more about how to live healthy and active lifestyles.

"The facilities were very impressive, and the trainers and staff were incredible hosts," said Army veteran Jarvis Brinson. "The WWP staff really made an effort to make us feel at home. I knew some staff members from previous health and wellness events, and again they were incredible ambassadors for the warriors there."

Focusing on proper techniques for weight-lifting, calisthenics, and stretching, the staff gave warriors a primer on how physical fitness training can be adapted to their unique needs. Along with the focus on physical training, a portion of the event was dedicated to nutrition and how to pursue healthy eating habits. According to a 2015 WWP survey, which gathers critical information about the wounded veterans WWP serves, nearly 40% are overweight and working toward changing their lifestyles through WWP programs.

"I learned a lot and was able to push myself," Jarvis said. "I'm grateful to be in good shape right now, but there's always a chance to learn more and go deeper into my training."

Jarvis' son joined him at the event and had a chance to interact with the Saluki football squad, join in on the workout, and throw the ball around with the players.

"Some of the players gave him school football gear and two pairs of football gloves," Jarvis explained. "He was so excited I thought he was going to ascend into heaven right then! The team even invited us to return for a football game and join them on the sidelines. We are going to take them up on that."

WWP believes that by bringing wounded warriors together for fun, relaxing activities, they can begin to rebuild that sense of camaraderie they experienced during military service. After the workout, warriors and family members had a chance to get to know each other over lunch provided by WWP.

"In everything WWP did at this event, it just shows how passionately the organization wants to give back to those who have served, and it works with a lot of other organizations in the community that want to as well," Jarvis said.

Every day, wounded veterans face similar challenges when returning to civilian life; visible and invisible wounds take their toll on even the toughest members of the armed forces. That's why WWP meets warriors in various stages of recovery and provides uniquely designed health and fitness services that include weight training, yoga, cycling, outdoor activities, and nutrition workshops. To learn more about the other ways WWP helps change the lives of the warriors that it serves through mental health, long-term support, education, and employment programs, 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](http://woundedwarriorproject.org).

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