Wounded Warriors Challenge Each Other During Workout

SAN ANTONIO, Oct. 18, 2016 /PRNewswire-USNewswire/ -- Warriors celebrated their recoveries during a recent workout hosted by Wounded Warrior Project® (WWP). During this physical health and wellness gathering, warriors connected with others in their community and learned about living healthy and active lives.

"We did a workout called, 'A Fight Gone Bad,'" explained Army veteranGenevieve Durnin. "During this workout, we rotated between 6 stations, including one station of rest. So we got to a station and worked out for one minute then moved on to the next. It was very challenging, but I loved it."

WWP staff interacted with the warriors during the workout, offering instruction and encouragement where needed.

"The staff and volunteers made sure everyone was doing the movements correctly, and if they saw we needed to improve on a position they would take the time to show us the correct way," Genevieve said. "Also, if someone had an injury that would not allow them to do the full motion, they were able to provide an alternative exercise. It was organized really well, and everyone was encouraging each other to go big. 'One more, come on, you're almost done' was a chant I heard more than a few times, and this really helped us through until the end."

Physical activity and socializing with other veterans can help injured warriors cope with stress and depression. In aWWP survey of the wounded veterans it serves, nearly 47 percent say talking with other warriors boosts their ability to manage their mental health, and 32 percent of warriors expressed physical activity helps. WWP offers a variety of programs and services that assist veterans with mental health, physical health and wellness, career and benefits counseling, and connecting with other warriors and their communities.

"I showed up and gave 100 percent," Genevieve said. "Knowing there were people in the same boat as I was – people trying to get back on the right track, people trying to get in shape again – made me feel right at home. I would tell anyone who shows up not to fret the small stuff. We all attend these physical health and wellness gatherings to find a way to better ourselves, discover new workouts, and meet new people."

WWP programs offer settings that provide opportunities for injured veterans to form bonds and reduce isolation, which is one of the most significant struggles wounded warriors deal with after serving their country. It can be difficult knowing how to overcome that challenge and rekindle bonds similar to those formed in the military.

One such opportunity to reduce isolation is the WWP Peer Support program. Peers supporting one another plays an important role in the recovery process as injured veterans rely upon each other's learned experiences when managing day-to-day challenges. All WWP programs and services have an aspect of this support structure, while the Peer Support program is solely dedicated to ensuring every injured veteran, family member, and caregiver encourages one another in recovery, thus embodying the WWP logo of one warrior carrying another off the battlefield.

To see more photos and learn more about how WWP's programs and services are making an impact on the lives of wounded warriors, visit https://newsroom.woundedwarriorproject.org/.

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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For further information: Mattison Brooks - Public Relations Specialist Email: mbrooks@woundedwarriorproject.org Phone: 904-451-5590

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