

# Injured Veteran Gains New Outlook on Life with Wounded Warrior Project

COLORADO SPRINGS, Colo., Jan. 17, 2017 /PRNewswire-USNewswire/ -- Nichole "Nikki" Gettman served honorably in the Army, doing a tour in Afghanistan during Operation Enduring Freedom in 2003. However, when she left the military in 2005, she felt disenfranchised and aimless.

"I had a bitter taste in my mouth regarding the military, and I stopped identifying with it," Nikki said. "I was angry and didn't feel that good about my service."

Nikki was battling post-traumatic stress disorder (PTSD) and depression. She felt paralyzed – incapable of taking her life into her own hands and living the life she wanted. And then she found out about Wounded Warrior Project® (WWP).

"I hadn't heard of Wounded Warrior Project but had seen the logo at Tough Mudder events," Nikki explained. "I got curious. I needed assistance with my disability claim, and they were very willing to help me. But what really caught my attention was what they had going on with physical fitness training."

In addition to working through her depression, Nikki was dealing with a major back injury, causing her to gain weight, which only fueled her unhappiness with her life. Nikki knew a change needed to happen – or she would lose her love of athletics and her desire to get moving again.

"I wasn't happy and didn't feel equipped to take on those challenges," Nikki said. "The opportunities to participate in helpful programs gave me the motivation to do better. The endorphins, working out, and having a say in my life again changed my outlook. I rediscovered a lot of my original love for exercising; I feel like the support I had got me to a point where I didn't need the support as much. I've lost 55 pounds since I began working out with Wounded Warrior Project."

Connecting with WWP and getting involved with its [Physical Health and Wellness](#) program offerings also gave Nikki a perspective on her military career that she didn't have before.

"Getting out there with Wounded Warrior Project helped me identify with being a service member again – and celebrate it," Nikki said. "I've made lifelong friends as a result of these activities."

To read more about Nikki's story, visit <http://newsroom.woundedwarriorproject.org/Injured-Veteran-Gains-New-Outlook-on-Life-with-Wounded-Warrior-Project>.


## About Wounded Warrior Project

Wounded Warrior Project® (WWP) connects, serves, and empowers wounded warriors. Read more at <http://newsroom.woundedwarriorproject.org/about-us>.

SOURCE Wounded Warrior Project

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