

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

## Wounded Warrior Project TRX Fitness Workshop Challenges Wounded Veterans

HOMESTEAD, Pa., Jan. 17, 2017 /[PRNewswire-USNewswire](#)/ -- During a recent Wounded Warrior Project® (WWP) fitness workshop, injured veterans tried the popular workout known as TRX (Total Body Resistance Exercise). Participants worked hard to improve their physical health and wellness and while doing so experienced the benefits of connecting with fellow service members.

"I decided to sign up for this because I am looking to improve my overall health," said Army veteran Michael Benner. "But what I ended up liking the most was the chance to be with other wounded warriors. It helps relieve stress and introduces us to people who have lived through the same things."

During the program, warriors learned about using their bodies to maximize the benefits of TRX equipment and barbell training. To emphasize the importance of overall lifestyle changes to improve health, participants also learned about the basics of proper nutrition and maintaining healthy habits.

These connection activities support the long-term recovery needs of warriors by reintroducing them to the unique bonds experienced during military service. In a [WWP survey](#) of the injured warriors it serves, more than half of survey respondents (51.7 percent) talked with fellow Operation Enduring Freedom, Operation Iraqi Freedom, or Operation New Dawn veterans to address their mental health issues, and 29.6 percent expressed physical activity helps.

WWP offers a variety of programs and services that assist injured veterans with mental health, physical health and wellness, career and benefits counseling, and connecting with other warriors and their communities. Generous donors make it possible for wounded warriors to take part in outreach activities and benefit from program resources at no cost to them.

"It means the world to me to be part of such a great organization that allows me – and others like me – to see that life can go on after the military," said Army veteran Andrea Mixon. "Wounded Warrior Project has shown me that waking up every morning doesn't have to be something I dread; it can be amazing."

To 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**

Wounded Warrior Project® (WWP) connects, serves, and empowers wounded warriors.

SOURCE Wounded Warrior Project

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Additional assets available online: [Photos \(1\)](#)

<https://newsroom.woundedwarriorproject.org/2017-01-17-Wounded-Warrior-Project-TRX-Fitness-Workshop-Challenges-Wounded-Veterans>