

## Wounded Warrior Project Empowers Veterans to Find New Fitness Routines



DELRAY BEACH, Fla., Feb. 7, 2017 /[PRNewswire-USNewswire](#)/ -- Veterans recently attended a Wounded Warrior Project® (WWP) fitness workshop where they learned new techniques for managing their physical health and wellness. The class featured a diverse assortment of workouts, including yoga, boxing, weight training, and cardio, so veterans of all fitness levels could benefit.

Army veteran Chris Coffee found his new favorite workout was the one he didn't expect to like.

"I always viewed yoga as this thing that guys just didn't do," Chris explained. "It really caught me off guard. The stretching and breathing exercises completely relaxed me and calmed me down. It was my first event with Wounded Warrior Project, and I was very impressed by how accommodating it was."

The prospect of attending a gathering filled with people was initially an intimidating prospect for Chris. During one of his two tours – one in Iraq and one in Afghanistan – Chris was wounded when a suicide bomber set off explosives not far from where he stood.

"The most challenging part of the day was entering the workout space," he said. "Being around crowds makes me nervous. I didn't feel judged at this event though; if you're stand-offish, the staff with Wounded Warrior Project get it. They make sure to give me space, but they also engage me and make me feel welcome."

WWP program events support the long-term recovery needs of warriors by reintroducing them and their families 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 veterans to address their mental health issues, and 29.6 percent expressed physical activity helps.

"A lot my anxiety faded away while I was talking to other veterans during the event," Chris said. "Being around people who know what I've been through – I can start to talk about it, and they nod their heads to say 'yeah, I've experienced that too.' It's something that really stood out to me."

To learn and see more about how WWP's programs and services connect, serve, and empower wounded

warriors, visit <https://newsroom.woundedwarriorproject.org/>, and click on multimedia.

### **About Wounded Warrior Project**

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

SOURCE Wounded Warrior Project

For further information: Mattison Brooks, Public Relations Specialist, MBrooks@woundedwarriorproject.org, 904.646.6897

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