

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

Wounded Warrior Project Empowers Veterans at Powerlifting Clinic

PITTSBURGH, Feb. 13, 2017 /[PRNewswire-USNewswire](#)/ -- Wounded Warrior Project® (WWP) recently teamed with The Strength Lab at Union Fitness for a powerlifting clinic in Pittsburgh. Xtreme Powerlifting Coalition member and author Casey Williams provided hands-on coaching for warriors during the squat, deadlift, and bench press exercises.

"Since leaving the Army, my physical health deteriorated," said wounded warrior Tony Canzonieri. "A few months ago, I began working out and found myself looking and feeling better. Having never lifted weights, this event was an opportunity to gain a new skill and continue my fitness journey, working my way back to a healthy weight and mindset."

During the program, warriors learned fundamental powerlifting movements while connecting with fellow service members. Exercises started at the beginner level and progressed to more experienced levels with breakout fitness stations available during rotations. Many participants will continue their training and preparation to ultimately compete in an official powerlifting meet.

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 Global War on Terrorism veterans to address their mental health issues, and 29.6 percent expressed physical activity helps.

WWP programs and services 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 attend outreach activities and benefit from program resources at no cost.

"The clinic helped me realize I'm not alone," Tony said. "It's given me a goal to work toward – a personal challenge to overcome and continually improve upon. I'm competing against myself and boosting my mental health and confidence – with brothers and sisters in arms to guide me on the way."

To learn and see more about how WWP's mental health workshops connect, serve, and empower 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: [Video \(1\)](#)

<https://newsroom.woundedwarriorproject.org/2017-02-13-Wounded-Warrior-Project-Empowers-Veterans-at-Powerlifting-Clinic>