

Wounded Warrior Project Soldier Ride Comes to Tampa February 23-25

TAMPA, Fla., Feb. 16, 2017 /[PRNewswire-USNewswire](#)/ -- Tampa will host Wounded Warrior Project® (WWP) Soldier Ride® as a group of our nation's heroes begins a journey toward recovery alongside their fellow warriors. Throughout the course of three days and 30 miles, participants will discover Soldier Ride is more than a cycling event – it is a chance to heal their bodies and minds.

This event will be the first time that some warriors venture out of their homes to connect with the community since being wounded. Many warriors face similar challenges with isolation when transitioning to civilian life, and events like this offer a chance to bond with one another and learn they are not alone.

Soldier Ride also introduces wounded veterans to WWP's long-term health and wellness programs, which include physical training, outdoor events, and nutrition classes. 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. Programs like this highlight the importance of managing mental health through physical activity and connecting with other veterans.

Participants will have the opportunity to learn about other free, life-saving programs and services available to wounded veterans, their caregivers, and their families. They will also enjoy team-building exercises, opportunities to form friendships in comfortable environments that reduce social anxieties, and other physical health and wellness training activities. Before the ride, each warrior is fitted with adaptive equipment to accommodate injuries and make the ride as comfortable as possible.

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 Soldier Ride

Soldier Ride® is a Wounded Warrior Project® (WWP) physical health & wellness program, which empowers wounded veterans to become well-adjusted in body, receiving the care they need to maximize rehabilitation and live active and healthy lives. Through adaptive sports, health, nutrition, and recreational activities where warriors can connect with one another, WWP helps veterans achieve independence and pursue an excellent quality of life.

Read more at woundedwarriorproject.org/programs/soldier-ride.

About Wounded Warrior Project

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

SOURCE Wounded Warrior Project

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<https://newsroom.woundedwarriorproject.org/2017-02-16-Wounded-Warrior-Project-Soldier-Ride-Comes-to-Tampa-February-23-25>