

Wounded Warrior Project Fitness Coaching Program Empowers Injured Female Veteran

SAVANNAH, Ga., June 6, 2017 /[PRNewswire-USNewswire](#)/ -- Life Time Athletic recently opened its doors to injured veterans taking part in a Wounded Warrior Project® (WWP) Physical Health and Wellness coaching program in Atlanta. As they spent three days exploring exercise, nutrition, and lifestyle goals, warriors reaped the benefits of getting out of the house and connecting with fellow service members.

The expo kick-started a 90-day coaching program, which will empower warriors to rehabilitate themselves through physical and nutritional practices by setting goals and tracking individual progress. Warriors were then tested for range of motion and learned about adaptive exercises that could be incorporated into an effective workout regimen. After learning about proper nutrition and hydration with a sports nutritionist, the group rounded out their expo experience with a Total Body Resistance Exercise (TRX) workout demo.

"The TRX exercises challenged my disability limits," said Yolanda Jones, Army and Air Force veteran from Savannah, Georgia. "Learning all the nutritional values, healthy eating habits, and workouts that are adaptive to physical injuries and can be done at the gym or home made the expo a great challenge and an outstanding way to improve my lifestyle."

These WWP gatherings support the long-term recovery needs of warriors by reintroducing them to the 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.

WWP staff interacted with attendees throughout the expo, advising them of additional services to support their recoveries. Thanks to generous donors, WWP offers programs and services that help injured veterans with mental health, physical health and wellness, career and benefits counseling, connecting with other warriors and their communities, and long-term care for the most seriously wounded.

"Being with fellow warriors with varying disabilities and overcoming them together makes me more confident about my weight loss goals," Yolanda said. "I made new friends, saw old friends, and had fun exercising – it was absolutely fantastic."

To learn and see more about how WWP's programs and services connect, serve, and empower wounded warriors, visit <http://newsroom.woundedwarriorproject.org/>, and click on multimedia.

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

<https://newsroom.woundedwarriorproject.org/2017-06-06-Wounded-Warrior-Project-Fitness-Coaching-Program-Empowers-Injured-Female-Veteran>