

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

## Physical Fitness Program Empowers Wounded Warrior Project Veterans

HAMPTON, Ga., June 12, 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 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.

"I struggle daily with pain from my injuries and related surgeries," said Tracy Walton, Army veteran from Hampton, Georgia. "The expo has given me a boost. My favorite part was learning the correct way to complete certain workouts and healthy eating habits. I plan to include more of both in my weekly regimen."

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.

"I am so thankful for Wounded Warrior Project and the efforts made to help military personnel – and their families – who have sacrificed their lives for their country," Tracy said. "I am grateful a million times over for the support and selflessness from each staff member."

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/2017-06-12-Physical-Fitness-Program-Empowers-Wounded-Warrior-Project-Veterans>