

Veterans Empowered at Wounded Warrior Project Fitness Program in Atlanta

ATLANTA, June 19, 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.

"I found out about Wounded Warrior Project from my veteran friends," said Kimia Flournoy, U.S. Marine Corps wounded warrior from Atlanta, Georgia. "Being mentally and physically fit is important to my recovery. These expos give injured veterans opportunities to correctly learn exercises so we don't reinjure ourselves."

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.

"No one wants to be alone and feel like they are failing at something they were once good at," Kimia said. "Working with the other warriors, I realized I'm not the only one struggling. We all have similar issues and are able to inspire each other as a group."

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.

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

For further information: Vesta Anderson - Public Relations Specialist, Email: vanderson@woundedwarriorproject.org, Phone: 904.570.0771

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

<https://newsroom.woundedwarriorproject.org/2017-06-19-Veterans-Empowered-at-Wounded-Warrior-Project-Fitness-Program-in-Atlanta>