

## Injured Veterans Empowered to Reach Health Goals at CrossFit Class



FAYETTEVILLE, N.C., Jan. 5, 2018 /PRNewswire-USNewswire/ -- Injured veterans and their families rose to the challenge of a CrossFit® workout, a dynamic form of fitness training, at a recent Wounded Warrior Project® (WWP) gathering. The Physical Health and Wellness class was all about moderate to high-intensity movements and bouts of cardio, while meeting other wounded warriors and family members in an interactive and supportive group setting.

"I learned so much from this class," said Army veteran Jennifer Grayson. "I've experienced CrossFit before at another gym, but I haven't lost any weight at all, and I was ready to give up. But, I learned from this class that I don't have to be super skinny to be fit and healthy. Each person's health is something different."

WWP Physical Health and Wellness events connect warriors with training, skills, and techniques that empower them to reduce stress, combat depression, and live an overall healthy and active lifestyle.

The physical and mental benefits of CrossFit training can carry over to help veterans cope with everyday stressors. Reduced stress and positive body affirmation help with physical and mental well-being.

"I did notice that I was stronger," Jennifer said, "and I will continue on with CrossFit and give it my all to be my healthiest. This class was so informative, and I now understand what CrossFit really is and why it's important to be at my healthiest and not someone else's opinion of what is healthy."

In a WWP survey (<https://www.woundedwarriorproject.org/survey>) of the injured warriors it serves, 30.3 percent of survey respondents expressed physical activity helps them cope with stress and emotional concerns. Programs like this highlight the importance of managing mental health through physical activity and connecting with other veterans.

To learn more about WWP's Physical Health and Wellness program, visit <https://www.woundedwarriorproject.org/programs/physical-health-wellness>. And 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: [Photos \(1\)](#)

<https://newsroom.woundedwarriorproject.org/2018-01-05-Injured-Veterans-Empowered-to-Reach-Health-Goals-at-CrossFit-Class>