

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

Wounded Warriors Pump It Up with a Dumbbell and Kettlebell Clinic

SAN DIEGO, Jan. 22, 2018 /[PRNewswire-USNewswire](#)/ -- At a Wounded Warrior Project® (WWP) dumbbell and kettlebell lifting clinic, injured veterans and their families learned how to use minimal equipment to create a well-rounded workout.

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.

"It was more strenuous than anticipated, but everyone encouraged each other," said Army veteran Christopher Kojima. "The instructor was excellent and walked everyone through the movements properly. He adjusted to everyone's needs quickly. I certainly plan to use these skills again and get more exercise."

Warriors learned how to perform several exercises using a single dumbbell or kettlebell, including the squat, military press, push press, thruster, and deadlift. Once everyone learned the proper technique and form for each movement, they worked out for 10 minutes, assembling the movements they practiced.

"As part of my recovery, I reached out to the Physical Health and Wellness team," Christopher said. "The team is helping me meet my goals through the coaching program as I learn more about new forms of exercise."

"This clinic helped me discover strengths within myself," said Army veteran Sandy Phetsany. "I loved feeling strong, resilient, free, empowered and fierce. I am so excited to start my running and exercise journey again. Plus, it's always a great feeling to connect with other like-minded people. Seeing other warriors thrive alongside me was amazing."

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.

"It was nice to be among veterans again – to see old friends, as well as make new ones," Christopher said. "I will certainly seek out other events and spread the word about Wounded Warrior Project to other vets."

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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<https://newsroom.woundedwarriorproject.org/2018-01-22-Wounded-Warriors-Pump-It-Up-with-a-Dumbbell-and-Kettlebell-Clinic>