

Veteran Peer Support Increases Confidence at Rock Climbing Event

HOUSTON, Jan. 27, 2018 /[PRNewswire-USNewswire](#)/ -- Recovering veterans have many types of exercise to choose from, and indoor rock climbing is one of the most exhilarating. Wounded Warrior Project® (WWP) recently gave warriors the opportunity to experience this therapeutic, empowering, and easy method of exercise, in a group setting.

"I enjoyed indoor rock climbing because it brought back positive memories of being in the Arabian Desert," said Air Force veteran Jermain Collins. "It's where I first experienced rock climbing. My fellow soldiers and I climbed small rock faces to get better views of the desert, ancient tombs, and rock carvings; all of which were amazing sights that few people ever have a chance to see."

A typical bouldering gym uses no ropes, and the walls are usually 10 to 14 feet tall. Although indoor rock climbing can be done alone, a group setting is preferred because peer support plays an important part in contributing to increased confidence and enjoyment while exercising and learning new skills.

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

"In the past, I've had to overcome my fear of heights, so I got a pilot's license," Jermain said. "I had to overcome fear of deep water, so I got a scuba diving license. To me, it's all about defeating obstacles."

"My experience with Wounded Warrior Project has been filled with extraordinary opportunities to meet and be coached by trained professionals in different aspects of life, such as physical health and wellness, social engagement, resume writing, and interview coaching. If you look forward to tomorrow and put in the effort to make your circumstances better, it will happen."

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 how WWP's programs and services connect, serve, and empower wounded warriors, visit <http://newsroom.woundedwarriorproject.org>.

About Wounded Warrior Project

Wounded Warrior Project® (WWP) connects, serves, and empowers wounded warriors. Read more at <http://newsroom.woundedwarriorproject.org/about-us>.

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