

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

## Wounded Warriors Empowered Through Spinning Class on the Beach

CORONADO, Calif., March 7, 2018 /[PRNewswire-USNewswire](#)/ -- Injured veterans and their guests recently experienced the healing powers of nature and fellowship during an invigorating spinning class on the beach with Wounded Warrior Project® (WWP).

Warriors enjoyed the beauty of the Pacific Ocean while using the latest in stationary biking equipment.

"This was a totally new workout experience for me," said Navy veteran Shaon Rillon. "The exercise, sense of camaraderie with my fellow veterans, and the chill setting was very inspiring and relaxing for me."

Activities like spinning and socializing with other veterans can help injured warriors cope with stress and emotional concerns. In a WWP [survey](#) of the injured warriors it serves, more than half of survey respondents (51.6 percent) expressed they talk with fellow veterans to address their mental health issues, and 30.3 percent indicated physical activity helps.

Skilled instructors kept the men and women motivated as they moved and grooved to music through their headphones.

"I really enjoyed the event because I could interact with others for a while," Shaon said. "Then, as I got deeper into a workout zone, I could listen to the music, relax, and concentrate on my exercise routine."

"This event was an exercise class, so there wasn't a lot of conversation during the spinning part," Shaon said, "but I could look around and see happy faces and feed off of the group's energy. We were able to mingle more during the cool-down periods. This was a safe place to interact and talk with other veterans and families of my era."

WWP program events like this give wounded warriors an opportunity to experience veteran peer support firsthand. These social gatherings get them out of the house and connect them with fellow service members and their communities.

To learn and see more about how WWP's programs and services connect, serve, and empower wounded warriors, visit <https://www.woundedwarriorproject.org/programs>.

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

<https://newsroom.woundedwarriorproject.org/2018-03-07-Wounded-Warriors-Empowered-Through-Spinning-Class-on-the-Beach>