

Warriors Build Confidence, Find Veteran Support on Nature Hike

RIVERSIDE, Calif., June 20, 2018 /[PRNewswire-USNewswire](#)/ -- Wounded Warrior Project® (WWP) recently gave injured veterans the opportunity to experience the healing powers of nature and camaraderie during a relaxed hike.

"I wanted to do something outside the house, and hiking and talking with other veterans seemed like an easy way to do more," said Army veteran Marco Morales. "This event has motivated me to be more active."

Isolation is one of the most significant struggles wounded warriors deal with after serving their country. It can be difficult knowing how to overcome that challenge and rekindle bonds similar to those formed in the military. WWP programs offer settings that provide opportunities for warriors to rekindle those bonds and experience veteran peer support.

"I was proud to be the warrior leader for this hiking group," Marco said. "Everybody really enjoyed the natural beauty of our area. Getting more involved with the warrior community has definitely helped me with my recovery."

Activities like hiking and socializing with other veterans can help injured warriors cope with stress and emotional concerns. In a WWP survey (<https://www.woundedwarriorproject.org/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.

"Wounded Warrior Project is a ready resource for the activities I need," Marco said, "and I try to spread the word to other veterans, as well."

WWP has been connecting, serving, and empowering wounded warriors for 15 years. To learn more, visit <http://newsroom.woundedwarriorproject.org>.

About Wounded Warrior Project

Since 2003, Wounded Warrior Project® (WWP) has been meeting the growing needs of warriors, their families, and caregivers – helping them achieve their highest ambition. Learn more: <http://newsroom.woundedwarriorproject.org/about-us>.

SOURCE Wounded Warrior Project

For further information: Rob Louis - Public Relations, rlouis@woundedwarriorproject.org, 904.627.0432

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