

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

Colorado Nature Hike Revitalizes Injured Veterans Mentally and Physically

COLORADO SPRINGS, Colo., Aug. 21, 2018 /[PRNewswire](#)/ -- Warriors and their families worked on their fitness and connected with each other during a Wounded Warrior Project® (WWP) hike in Red Rock Canyon.

"I wanted to get outside, enjoy nature, and exercise with fellow vets," said Marine Corps veteran John Brandon. "It was a great opportunity to get to know them during the hike, relax, and see new things. I've been to this area before, but I never noticed the lake."

Red Rock Canyon is in Nevada's Mojave Desert and is known for its red-sandstone peaks and Native American petroglyphs. The sheltered Ice Box Canyon has seasonal lakes and waterfalls.

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.

"One warrior I talked to was very cool — younger than me," John said, "but he's dealing with some of the same issues that I am. It reassured me that I'm not alone."

WWP's physical health and wellness offerings also aim to improve mental wellness and outlook. In a WWP [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.

"I will be on the lookout for other fitness events," John said. "I have to say it's amazing. Wounded Warrior Project's programs have truly helped me more than any other organization has since I retired. Wounded Warrior Project cares about us veterans."

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: Vesta M. Anderson - Public Relations, vanderson@woundedwarriorproject.org, 904.570.0771

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