

Veterans Charity Helps Injured Warrior, Spouse Upgrade Healthy Lifestyle

ATLANTA, Sept. 17, 2018 [/PRNewswire/](#) -- Peter and Sierra Cordrey put in countless sweat equity at the local gym, but their exercise routine got an overhaul after participating in a couples' health clinic organized by Wounded Warrior Project® (WWP).

"The Wounded Warrior Project health clinic opened up a whole new world to me," said Peter Cordrey, retired technical sergeant, U.S. Air Force. "The TRX training was great on my joints and really gave me a well-rounded workout."

The three-day health clinic included instruction on proper stretching, nutrition, and exercise – including TRX – a type of suspension system that leverages your body weight for strength and flexibility training.

"This program is wonderful, and it will help many wounded warriors," Peter said. "I have learned so much about proper stretching and new ways to exercise and stay in shape, even with my disabilities."

Peter lives with traumatic brain injury, migraines, post-traumatic stress, depression, and a torn left Achilles tendon that didn't heal correctly.

"Being able to do the health clinic with my wife, Sierra, was a blessing because, as my caregiver, she's there to push and motivate me when I need it," Peter said. "My wife plays such a big role in my recovery, and it's really nice that she's able to be there so we could work as a team."

Sierra got important benefits from the clinic, too. "I loved the nutrition aspect that we were introduced to," Sierra said. The couple has started preparing more home-cooked meals and incorporating new exercises into their routine. "Since the clinic, Peter and I have lost weight."

"All the instructors were informative and helpful," Peter added. "This was one of the best Wounded Warrior Project functions I have ever attended. I'm thankful to Wounded Warrior Project for giving me the tools and knowledge to better myself."

[Physical health and wellness](#) clinics cover proper techniques for exercise and fundamentals of nutrition. In addition to facilitating a healthy transition to civilian life, WWP program events give wounded warriors an opportunity to experience veteran peer support firsthand.

To learn more about how WWP empowers veterans to achieve their goals, visit <https://www.woundedwarriorproject.org/programs/physical-health-wellness>.

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>.

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