

Veterans Find New Ways to Live Healthy with Wounded Warrior Project Coaching

RICHMOND, Va., Feb. 26, 2019 /[PRNewswire](#)/ -- Army veteran Patrick May tried to jumpstart his health routine several times on his own. "I had spent two and half years in a dark place, and the Wounded Warrior Project health clinic and wellness coaching really gave me the push I needed," Patrick said.

Patrick participated in a Wounded Warrior Project® (WWP) health clinic in Richmond, where [wounded warriors gathered to learn about healthy nutrition and exercise](#). Each clinic kicks off a three-month personalized, one-on-one wellness coaching program designed to fit each warrior's needs.

The WWP wellness initiative combines a weekend with [fellow warriors, who motivate each other to make lifestyle changes](#), with three months of individual attention, including 30-minute phone calls with a wellness coach every other week.

[Warriors never pay a penny for this – or any WWP program](#) – because they paid their dues on the battlefield. During the initial health clinic, WWP wellness coaches give each warrior a scale, TRX (suspension equipment) instruction, elastic bands, and other equipment to help them continue exercising at home. No gym membership is required.

"There are no words for the experience of being with a group of people who are dealing with similar situations, and I'm grateful beyond imagination for being afforded the opportunity," Patrick said.

After finishing the three-month coaching program, Patrick noticed both physical and mental changes. "I was able to do more than I anticipated physically, but the mental aspect was the biggest benefit for me – I improved my mental outlook tenfold."

"The positive encouragement from WWP staff is amazing, and I really surprised myself how much I've been able to do," Patrick added.

In a WWP survey (<https://www.woundedwarriorproject.org/survey>) of the wounded warriors it serves, 32.6 percent of survey respondents expressed physical activity is one of the things that 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.

Learn more about WWP's in-person and online wellness coaching for warriors and caregivers at <https://wwp.news/WWP>. See more examples: <https://wwp.news/CoachingVideo>.

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

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<https://newsroom.woundedwarriorproject.org/2019-02-26-Veterans-Find-New-Ways-to-Live-Healthy-with-Wounded-Warrior-Project-Coaching>