

Veterans Find Motivation on Their Fitness Journeys with Wounded Warrior Project

PHOENIX, March 25, 2019 /[PRNewswire](#)/ -- Motivation can be one thing standing between you and your next workout. For many injured veterans, physical limitations are tangible barriers. Veterans who are managing the wounds of war on a daily basis will tell you the key to motivation is focusing on what you can do rather than on what you cannot.

Combat injuries in Iraq caused traumatic brain injury, vision loss, and limited use of the left side of Army veteran Erik Castillo's body. Participating in a health clinic and wellness coaching by Wounded Warrior Project® (WWP) helped Erik realize there's a lot he can do to stay fit.

"After you're injured, you feel different, you go out less, and you avoid situations that draw attention to your disability," Erik said. "It's great to be among other warriors who understand what it's like to have been deployed, help you if you're having trouble, and are supportive without necessarily having the same limitations."

Erik just completed 12 weeks of wellness coaching that followed the health clinic he attended in Phoenix. One of the takeaways: food makes a difference. "Even if I can't exercise as much as I used to, I can eat right and keep healthy," Erik said. WWP health clinics and wellness coaching include nutrition and food label instruction.

Warriors continue learning through online webinars and other WWP events. For Erik, a pivotal moment was [Soldier Ride®](#) in San Diego, at the end of his 12-week coaching period. He rode a recumbent bike that enabled him to pedal with his strong leg and stay balanced.

"It was an amazing experience," Erik said. "The bicycling helped me figure out how to do more cardio again. Wounded Warrior Project covered all the costs and loaned me the recumbent bike, but I would pay to do it again. Soldier Ride was life-changing for me."

[WWP services are free to warriors](#), and wellness coaching is individualized through goal-based, one-on-one sessions.

Learn more about WWP's wellness programs for warriors and caregivers at <https://wwp.news/WWP>. See more coaching 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>.

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