

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

Actor Mark Wahlberg Encourages Wounded Warriors to Get Active during F45 Training Session  
WEST HOLLYWOOD, Calif., June 25, 2019 /PRNewswire/ -- [Mark Wahlberg](#) and Wounded Warrior Project® (WWP) partner AQUAhydrate™ promoted [physical health and wellness for wounded veterans](#) at a recent F45 Training workout in West Hollywood, California. Wounded warriors participated and spent time with Mark and brands that are passionate about veterans.

"We're excited to join forces with Wounded Warrior Project," said Mark, who's an AQUAhydrate™ investor and board member. "AQUAhydrate is proud to support its mission to honor and empower wounded veterans."

The workout was challenging, and Army veteran and wounded warrior Jeremiah Pauley feels it was worth it for the camaraderie.

"Physical training is one of many ways warriors are connected, even if we do not know each other personally," Jeremiah said. "To be there sweating along with my fellow veterans was motivating and inspiring!"

WWP provides a range of opportunities for warriors to improve their physical health and wellness. While many participate in WWP-sponsored wellness events, some warriors struggle to stay active. More than 50% are obese, according to a [WWP survey](#) of the wounded warriors it serves.

Army veteran and double-amputee Dan Nevins participated in the F45 workout. He previously had a hard time staying active and has a message for warriors who are struggling.

"It starts with a choice," Dan said. "Know that if it doesn't stick at first, then just begin again. If you do this, you'll be astonished at the results in all areas of your life."

The workout with Mark at F45 Training is just one example of how AQUAhydrate™ has partnered with WWP to honor and empower wounded veterans. AQUAhydrate™ has launched a co-branded camouflage gallon and is providing water to warriors in certain WWP programs, and also to thousands of [Carry Forward® 5K participants](#) in four host cities this fall.

"This is such an important partnership for us," said Raz Inserra, AQUAhydrate™ brand director. "All of Team AQUAhydrate is proud to be promoting this program and helping Wounded Warrior Project meet the growing needs of warriors, their families, and [veteran caregivers](#)."

To learn about ways you can support warriors, visit <https://wwp.news/GiveBack>.

### **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/2019-06-25-Actor-Mark-Wahlberg-Encourages-Wounded-Warriors-to-Get-Active-during-F45-Training-Session>