

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

Veterans Pound Their Way to Fitness with Wounded Warrior Project

PHOENIX, Nov. 6, 2019 /[PRNewswire](#)/ -- Navy veteran Jennifer Tanner was in a hospital bed in Norfolk, Virginia, the first time Wounded Warrior Project® (WWP) reached out to her. After recovering from injuries sustained in a vehicle accident, WWP was there to help her prepare for the physical and emotional difficulties she would face in the coming years.

"I needed a community," Jennifer said. "I was scared and never left my apartment. Wounded Warrior Project allows me to experience new things to discover my interests while being safe and among other vets. I keep coming back because it is family."

Today, Jennifer is physically active and socially engaged through WWP wellness events and other activities that have helped her build a network of support. A recent pound fitness workout – where participants use drumsticks to mark the beat as they do aerobic exercises – gave her a chance to pound her way to fitness and make new connections.

"Through [veteran health and wellness activities](#), I have friends I can call," Jennifer said. "Wounded Warrior Project has enabled me to stay connected and not isolate myself – and work through my demons with other veterans."

To maintain an active lifestyle, Jennifer has also participated in other WWP wellness, sports, and [peer support](#) activities.

Jennifer said this was the first time she tried a pound fitness workout, and she enjoyed it because she felt challenged to follow the instructor at a fast pace, use different muscle groups, and learn new movements.

Warriors, and their families, are experiencing the links between physical and mental well-being. WWP provides services in both physical and mental health to help warriors thrive in their communities.

In a [WWP survey](#) of the wounded warriors it serves, 30% expressed physical activity is one of the things that helps them cope with stress and emotional concerns.

Learn more about how programs like this help warriors manage mental health through [physical activity](#) and connecting with others.

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](#).

SOURCE Wounded Warrior Project

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