



NEED

1:3

Veterans suffer from Post Traumatic Stress

6M+

Veterans living & suffering with invisible wounds

21+

Veterans take their lives each day

20+

Veterans die from substance abuse a day

OUR IMPACT

29%

Overall Improvement in PTSD Symptoms

32.3%

Improvement in Changes in thinking & Mood

30.5%

Improvement in Physical & Emotional Reactions

25.1%

Improvement in Intrusive Memories



Apply

EMPOWER YOUR RECOVERY

TRANSFORMING VETERANS' LIVES THROUGH EXERCISE, NUTRITION, AND MENTORSHIP

Join the WarriorWOD community, a haven dedicated to veterans seeking recovery from Post-Traumatic Stress (PTS). Our program offers:



EXERCISE

6 months of personalized fitness programs, with gym memberships tailored to enhance mental and physical recovery.



NUTRITION

Bi-weekly meetings with a certified nutrition coach, guiding healthier choices that nourish your recovery journey.



MENTORSHIP

Bi-weekly, meet with a Battle Buddy meetings who empathizes with your experience, offering support and motivation.

Our emphasis on PTS recovery means WarriorWOD is more than just free gym access; it's a comprehensive approach to healing, strength, and purpose. Applications should be genuinely focused on engaging in a robust recovery process. We're committed to reducing veteran suicide and substance abuse deaths by addressing PTS at its core. Come, be part of this transformative experience, paving the way for a life filled with hope and resilience.



BENEFIT & IMPACT

Our comprehensive program offers:

- Improved mental health and well-being.
- Support in overcoming Post-Traumatic Stress (PTS).
- A strengthened sense of community and purpose.
- Empowerment through exercise, nutrition, and mentorship.
- Reduce suicidal ideations
- Reduce substance abuse among veterans

REQUIREMENTS

- Be committed to their recovery from PTS.
- Engage actively in all program aspects, including exercise, nutrition, and mentorship.
- Go to the gym twice a week. Bi-weekly meetings with a Nutritionist and Battle Buddy.
- Complete monthly surveys to track progress.