



# PHYSICAL HEALTH & WELLNESS

BEAST MODE TIMES ★ JUNE EDITION ★ 2013

DUTY ★ HONOR ★ COURAGE ★ COMMITMENT ★ INTEGRITY ★ COUNTRY ★ SERVICE

## PHYSICAL HEALTH & WELLNESS HIGHLIGHTS



### Learn to Surf Day

By: Kelley Palmer

Twenty Alumni and 20 family members learned how to surf at Navarre Beach, Florida on Saturday, May 18 when surfing enthusiasts and volunteers provided surfing instruction and a beach barbeque for local Alumni and their family members. The number of Alumni attending this year’s event nearly quadrupled from last year. Surfing allows the Alumni to feel the calming powers of the ocean and learn a fun new sport. It also provides a chance for Alumni who live in the area to socialize and feel comfortable around others with similar injuries. Alumni who attend the surf day are eligible to attend a six-week surfing clinic that will meet weekly during the summer. The “Learn to Surf Day” and six-week surfing clinic will also be held in Jacksonville, Florida on June 1 and in Virginia Beach later this month. All Alumni who participate in the surfing clinics will have the opportunity to show off their skills in the second annual Wounded Warrior Project® (WWP) surfing competition at the East Coast Surfing Championship in Virginia Beach on August 18.

An upcoming Physical Health & Wellness adaptive water sports event is a Family Water Sports Day in Orlando, Florida being held on July 21. This will be a day of adapted water skiing, kayaking, and paddle boarding on the lake.

### Kayak Basketball

By: Jackie Cantu

Beginning in May, WWP joined forces with Team River Runner to hold a weekly kayak basketball league in Houston, Texas. Three of the four Alumni who attended had never been in a kayak, much less played basketball in one! Although they began as strangers, in less than ten minutes they were already stretching out their hands to help, laugh at, and harass one another when their kayak would flip over. In the end they were exchanging phone numbers and sharing stories. In fact, two Alumni found out they live down the road from each other. Their smiles and laughter were priceless and all of them can now proudly say they have kayaked.





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## PROVIDER HIGHLIGHTS

### Women’s Restorative Weekend: Adaptive Sports Foundation

The Adaptive Sports Foundation (ASF) recently hosted seven female veterans for a restorative weekend. Their ages ranged from 28-52 with a variety of disabilities (primarily orthopedic, TBI, PTSD, and vision issues). Most of the women didn’t know each other before the trip but the bonding started immediately on the way to the ASF in Windam, New York. As introductions were made there was a common theme among the women, a lack of friends that understand the



challenges of being a female wounded service member and the hurdles to reintegrating to civilian life. The ASF staff planned accordingly by having Peer Support teammate Jeanette Nieves-Ayala there to mentor, share, and support the women. The weekend was filled with crafting, golf, kayaking, restorative yoga, walking, hiking, a sushi making class, stand-up paddleboarding, and paddleboard yoga. On the first night the women made goal key chains. Each day they were presented with a goal and given a charm to add to their key chains symbolizing its achievement. Some goals included risk taking, trying new physical activities, goal planning, identifying stress reduction activities, and resource identification. The key chains became tangible symbols the women’s success during the weekend. Program Director Pam

Greene said, “It was great to watch bonds develop over the weekend and there were some real connections being made. Many shared their weekend accomplishments, goals for the future, and there was a lot of crying and laughing.”

### Women’s Restorative Weekend Highlights

Kathy never played golf before, but she turned out to be a pro at driving balls. Now one of her goals is to get her kids on the links so they can play as a family. Kathy is outgoing and bubbly, but her ex-husband has custody of the kids and she is looking for ways to connect with them. She also stays at home and doesn’t do much when her children aren’t with her. When she



returned home the staff got a text from her stating she left her room and the house and was out all day. That was a first and she was so proud of herself. She said that this weekend had totally changed her life and that day was when she stopped “Wasting a good woman.”



Jeanette is a big part of the ASF family. She returns to volunteer and mentor other Alumni, but she also participates and gains more confidence every time she goes. Jeanette is terrified of water. When she first came to paddle with ASF years ago the team took baby steps to gradually get her into a single kayak with outriggers over the course of a summer. For a long time when she paddled she was so afraid she could only focus on her paddle. This weekend

Jeanette grabbed an oar, put the outriggers on her boat, and went out on her own. On the water she was talking and







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laughing with the rest of the group. It was her first women’s event with WWP and she was a great mentor. On the final day, she spoke to the group about mentoring and moving on. She encouraged all of them to become a mentee or a mentor depending on where they felt they were in their recovery.

Joanie has confidence issues. She was athletic before her injury and has gained weight. Her vision issues make it hard to do sports on her own. This weekend she learned to play golf and loved to be on the water. She wants to get her fiancée to attend some family events so he’ll better understand what she is dealing with. She is getting married in a few weeks and wants to make sure she keeps the communication open with him.



One Alumni came to ASF very closed. She wasn’t quick to smile and had a hard edge about her. Eventually she trusted the group enough to share some very personal things, which became a big step for her. Now she has goals to continue to connect with the women from the weekend and find a psychologist to help with her recovery.

When women Alumni are together, healing happens!

## SOLDIER RIDE® HIGHLIGHTS

### Fort Carson Clinic

By: Meghan Speicher-Harris

There was a fantastic turnout last month at the Ft. Carson Bike Clinic. In attendance were 18 Alumni and 14 potential future Alumni. The day included breakfast, a bike clinic presentation, and a bike fitting. The Ft. Carson staff and Alumni were very excited to have our support and thankful for the recently donated bike package. They’ve already requested another visit. Also, the WTB Commander, Aaron Terrain, came out to join us. He recently attended the Warrior Games and realized how important adaptive sports can be to the rehabilitation process of injured service members. After seeing the support from WWP and Soldier Ride, he’s excited to expand and build the cycling program at Ft. Carson. He’s an avid cyclist himself (mostly mountain biking) and was fitted to a recumbent to ride with us.



Additionally, we stopped by the Colorado Springs office for a tour. We stayed long enough to join the WWP All Hands call as well as the weekly Colorado Springs office call. It was humbling to see the program office in action and they were extremely welcoming to our team. The office is filled with passionate, hard-workers and it was obvious they work very well together. “This is my first event with WWP and I can already see the impact our organization has on the wounded service members and personnel we come into contact with.” -Angela Staab, soldier ride recruiter





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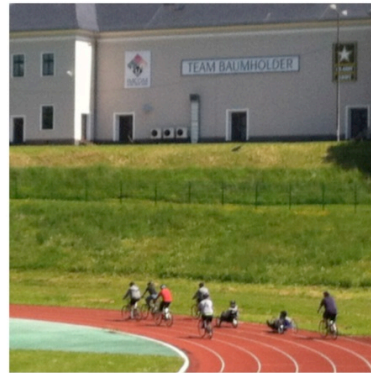
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## Germany Bike Clinics

By: Shana Gibbs, John Koenck, and Meghan Speicher-Harris

Soldier Ride recently traveled to Germany for clinics at Baumholder, Heidelberg, and Bamberg serving over 45 warriors at U.S. installations overseas. While recruiting for Soldier Ride Germany, the team found warriors were not only interested in cycling, but in WWP programs as a whole.

In Baumholder, one warrior riding a recumbent was so excited to be cycling that he encouraged his fellow warriors and rode around the track with the largest smile on his face. In Heidelberg, warriors repeatedly asked about engagement programs and the Transition Training Academy™. In Bamberg, the room was filled with 27 warriors and though some were unable to participate due to medical restrictions, they attended because they wanted to learn more about WWP.



As the week went on, the message became clear. WWP will be here for you in Germany and when you return stateside, whatever your needs may be. One special evening the team presented recognition awards to Gary and Christina from Hotel Christine for Gary's birthday. Gary and Christina are special to the WWP family in Germany for all their hard work and support of our nation's warriors and WWP programs in Landstuhl. That week began on Memorial Day and it was a stark reminder of the WWP mission, vision, and values, and sacrifices made by the people we serve.

## Introducing Johnna Davis

One of our newest physical health and wellness coordinators was welcomed to the Nashville office this April. Johnna Davis received her masters of science degree in rehabilitation counseling from the University of North Carolina at Chapel Hill. She worked several years as a vocational consultant, but realized that wasn't her passion. During that time she discovered camping. Since Johnna rarely does anything halfway, she decided the best way to learn about camping was to participate in an eight-day Outward Bound trip to Maine experiencing canoeing, hiking, rock climbing, and camping. While there, she met a recreational therapist and became inspired. A year later, Johnna graduated from the University of Georgia with a masters of education degree in recreation and leisure.







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Initially she wanted to work in the area of adaptive sports, but there wasn't a position available in this field when she moved from Georgia to Tennessee. She expanded her knowledge base by working as the recreational therapist at a psychiatric facility, a wellness specialist and personal training coordinator at the Downtown YMCA, and as the campaign coordinator with Team in Training/The Leukemia & Lymphoma Society. Now with WWP, she has the opportunity to use all of her education and experience to honor and empower Wounded Warriors. She feels all the pieces of her puzzle finally fit together.

When she's not working, Johnna enjoys just about anything outdoors like running (particularly trails), swimming, cycling, and triathlons. She is in the process of training for her second (and final) Ironman triathlon on June 23 in Coeur d'Alene, Idaho. In her rare quiet moments, she loves to read and bake. She also has two "big ol'" bloodhounds which bring her joy on a daily basis.

## Introducing Danny Galvan

Danny Galvan is the new physical health and wellness coordinator in San Antonio. Danny's passion for creative approaches to overall health and wellness has brought him to WWP and he's excited to be a part of the team. Danny earned his masters degree from Texas State University, San Marcos in professional counseling and is a national certified counselor. Before joining WWP he worked at a weight loss resort as a behavior change specialist and helped children, teens, and adults make lifestyle changes to improve their quality of life. He earned his bachelors degree from Texas Wesleyan University in psychology with a minor in exercise sports science and is also a National Council on Strength and Fitness certified personal trainer.



His career as a trainer consisted of working as a sports performance specialist and provided him with experience working with a wide range of clientele, including professional and college athletes, paraplegics, people with high medical risk, as well as the blind and deaf. Danny has been a boot camp instructor, a functional fitness group exercise instructor, and a TRX suspension training instructor. Danny believes in a holistic approach to welcoming change, and believes making progress is achieved by meeting challenges that raise physical and mental awareness. "Mens sana in corpore sano" is one of Danny's favorite quotes. It's served as a motto for his life and what he seeks to teach those he trains. It comes from a famous Roman poet Juvenal and translates as "A healthy mind in a healthy body."

## Corporate Wellness Tip: Kettlebells

By: Julia Valentour

Kettlebell (KB) workouts are becoming increasingly popular, but are they worth the hype or just another fitness fad? Shaped like a cannonball with a handle, the center mass of each Kettlebell is outside of the user's grip, unlike a dumbbell. Exercises done with Kettlebells often utilize explosive, total-body movements that rely on momentum, power, and strength. Some exercises done with KBs use one at a time, and the offset balance of having a weight in one hand enhances core strength and balance training. Exercises are done repetitively in a swinging motion that engages the whole body.





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Dr. John Porcari, head of the Department of Exercise and Sport Science at the University of Wisconsin-La Crosse, has studied the effectiveness of KB training. In a 2010 study, ten volunteers experienced in KB training were studied to determine the benefits and the number of calories burned from this type of training. Oxygen consumption and blood lactate were measured to determine caloric expenditure. Porcari describes the results as off the charts. Strength gains were seen, and there were significant improvements in core strength and aerobic capacity, and the caloric burn was at least 20.2 calories per minute. Porcari compared this aerobic expenditure to running a six-minute mile or cross-country skiing uphill at a fast pace.

Another 2012 study at the University of Wisconsin-La Crosse compared a control group to a training group who completed an eight-week program with KBs. Significant improvements were found in the training group for aerobic capacity, core strength, and dynamic balance. "You don't really do resistance training expecting to get an aerobic capacity benefit, and you don't do resistance training and expect to improve your core strength, unless of course you're specifically doing core-strengthening exercises", said Porcari. "But with Kettlebells you're able to get a wide variety of benefits with one pretty intense workout."



Kettlebells are a great way to improve fitness in a time-crunched workout. However, if your goal is to gain strength or mass, you're better off with traditional exercises such as squats and power cleans. According to a 2012 study in the Journal of Strength & Conditioning Research, Kettlebells do increase strength, but since you can load more weight on a barbell, it works better to overload the muscles,

As with any fitness program, there is a risk of injury using Kettlebells. The swinging motion of KB training and the forces placed on the lumbar spine and shoulders can aggravate injuries in those areas. However, when performed properly and with careful progression it can also strengthen and restore those same areas. Training the body to control momentum is an important aspect for many physical activities and is beneficial in preventing falls in the elderly.

For most people, KBs would be a great addition to any workout routine. To get started, find a trainer who has been educated in this type of exercise to learn proper technique. Then, start at a light weight. The American Council on Exercise recommends eight to fifteen pounds for women and 15 to 25 pounds for men. For more information on Kettlebells, visit the links below.

- <http://www.acefitness.org/getfit/studies/kettlebells012010.pdf>
- [https://www.acefitness.org/certifiednews/images/article/pdfs/ACE\\_Kettlebells.pdf](https://www.acefitness.org/certifiednews/images/article/pdfs/ACE_Kettlebells.pdf)





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## UPCOMING EVENTS

June 6: Army Birthday Ten-miler - Fayetteville, North Carolina

June 8: Color Me Rad 5k - San Diego, California

June 11 - 13: Intro to Cycling - Windham, New York

June 11 - 13: Sports Nutrition Course - Windham, New York

June 21 - 23: Camping/Hiking Trip - Catalina Island, California

June 24 - 25: Intro to Kayaking - Windham, New York

June 28 - 30: San Juan Island Kayaking Family Camp - San Juan, Washington

## SOLDIER RIDE

June 6 - 9: TREK 100

June 10 - 11: Fort Lewis Bike Clinic

June 26 - 30: Soldier Ride Chicago

June 26 - 30: Soldier Ride Pittsburg

