

WARRIOR WOD

MAKING FITNESS
ACCESSIBLE



Prioritizing exercise and nutrition as prescriptions for veterans' recovery from post traumatic stress and other invisible wounds

WarriorWOD

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INTRODUCTION

In a time where the mental health of our veterans demands urgent attention, our commitment to their well-being has never been more critical. Statistics paint a concerning picture: one in three veterans battles major depression or Post-Traumatic Stress (PTS), leading many down a path of substance abuse and isolation. Notably, veterans are 50% more likely to die by suicide compared to non-veterans, with 22 veterans losing their lives daily to suicide, and 20 more to substance abuse.



Addressing this crisis, WarriorWOD's "Exercise as an RX" program offers a three-pronged approach: exercise, nutrition, and mentorship. This strategy is grounded in research showing that regular exercise can reduce PTS symptoms, improve mood, and enhance overall mental health. Nutrition, too, plays a crucial role in mental well-being, with balanced diets linked to lower rates of depression and anxiety. Moreover, mentorship provides invaluable peer support, fostering a sense of community, understanding, and accountability that is vital for recovery.

The efficacy of our approach is reflected in the positive outcomes experienced by our veterans. Participants have reported a 29% decrease in PTS symptoms, improved mental health, and a renewed sense of purpose. Our program not only helps in mitigating the immediate challenges but also paves the way for long-term resilience and reintegration into civilian life.

This report delves into the stories and successes of the past year, highlighting how WarriorWOD has made a tangible difference in the lives of those who served. Together, we are committed to a future where every veteran has the support and resources to overcome the challenges of PTS and lead fulfilling lives.

HERO FOR OUR HEROES

WarriorWOD supports hundreds of veterans in their journey to recovery. We are making very positive impacts on veteran suicide and deaths from substance abuse. 1 death is a tragedy, we will not stop until we are at zero.



Our Vision

A nation that understands and prioritizes Veterans' fitness as a leading prescription of combat's mental and physical wounds, providing them the quality of life they have earned through services for our country.



Our Mission

WarriorWOD prioritizes exercise, nutrition, and mentorship as prescriptions for veterans' recovery from Post-Traumatic Stress and other invisible wounds.



WHO WE SERVE

OUR NATION'S HEROES

The battle for many veterans doesn't end upon returning home. The toll of mental and emotional struggles is immense, often more devastating than decades of conflict overseas. Our veterans grapple with significant mental health issues, notably Post-Traumatic Stress (PTS) and depression, which frequently lead to substance abuse and an alarmingly high risk of suicide. It's a stark reality: veterans are 50% more likely to die by suicide compared to non-veterans, with daily losses of 22 veterans to suicide and 20 more to substance abuse.

“ Ultimately by addressing the root cause, PTS, we will reduce the staggering veteran suicide rate and the number of deaths from substance abuse. ”



The prevalence of substance abuse among veterans, coupled with the widespread impact on their families, highlights the urgent need for holistic support. Recent findings emphasize the effectiveness of exercise and proper nutrition in mental health recovery, surpassing even medication in most cases. This knowledge is crucial in shaping programs like WarriorWOD's "Exercise is the RX for Veterans," which focus on physical health, dietary balance, and community support as pillars for recovery.

WarriorWOD's commitment is unwavering: to actively engage in supporting our veterans. Recognizing the severity of these challenges, we are dedicated to offering impactful solutions. Our program aims to provide a lifeline, helping veterans overcome their invisible wounds and rebuild their lives with dignity and purpose.

Key Finding

Combining exercise, nutrition, and mentorship drastically accelerates and improves recovery from Post-Traumatic Stress symptoms by 29%

WARRIORWOD'S "EXERCISE AS AN RX" PROGRAM

At the heart of WarriorWOD's mission is our innovative program, "Exercise is the RX for Veterans." This program is specifically designed as a prescription for veterans' recovery from Post Traumatic Stress and other invisible wounds. WarriorWOD is built on the pillars of exercise, nutrition, and mentorship, aiming to facilitate veterans' recovery from Post-Traumatic Stress (PTS) and, in the process, reduce both veteran suicide and substance abuse-related deaths.



OUTCOMES OF WARRIORWOD'S "EXERCISE AS AN RX" PROGRAM

Outcome 1: Reduce Post-Traumatic Stress Symptoms

Outcome 2: Reduce Suicidal Ideations and Decrease the Veteran Suicide Rate

Outcome 3: Reduce of Substance Abuse

EXERCISE

The first pillar of our program is structured physical activity. Recognizing the crucial role of exercise in mental health, we offer veterans tailored fitness plans that cater to their individual preferences and abilities. Regular exercise has been proven to significantly reduce symptoms of PTS and depression, as it releases endorphins that naturally boost mood. Our approach ensures that veterans have access to a variety of physical activities, from gym workouts to outdoor exercises, providing them the flexibility to find what works best for their physical and mental health.

Veterans Impacted

1000+

Veterans impacted beyond our program, WarriorWOD aids in their journey towards resilience and healing.

NUTRITION

Good nutrition is a cornerstone of mental well-being. Our program includes personalized nutrition coaching, where veterans work with experts to develop healthy eating plans. This aspect of the program is based on research that shows a balanced diet can have a profound impact on mental health, helping to reduce symptoms of depression and anxiety. Veterans learn how to nourish their bodies with the right foods, which can improve their overall mood, energy levels, and physical health.

"Exercise as an RX"

125

Veterans empowered toward recovery through WarriorWOD's "Exercise as an RX" program.

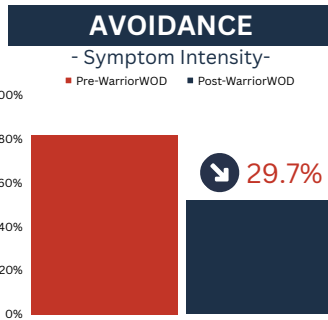
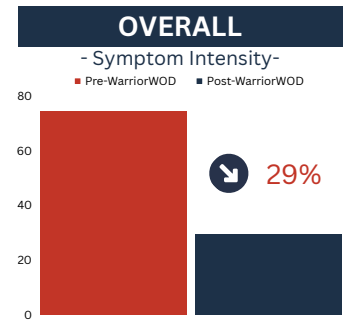
Mentorship

Our mentors, known as Battle Buddies, are also veterans, who have walked a similar path, understanding the challenges of struggling with invisible wounds. The Battle Buddy helps veterans stay engaged in the program, fosters accountability, and provides an empathetic ear, which in turn drives results and mitigates the symptoms of PTS. The solidarity found in these relationships often leads to profound transformations in our veterans' lives.

**total since 2021

IMPACT ON SYMPTOMS: A REMARKABLE 29% REDUCTION

The effectiveness of WarriorWOD's "Exercise as an RX" program is not just anecdotal; it's backed by solid data. We meticulously track the progress of our participants through comprehensive surveys conducted before, during, and after their involvement in the program. Using the PCL-5, these surveys monitor 20 different symptoms commonly associated with Post-Traumatic Stress (PTS). The results are compelling: we've seen an overall 29% reduction in these symptoms across all standard categories and subcategories related to Post-Traumatic Stress.

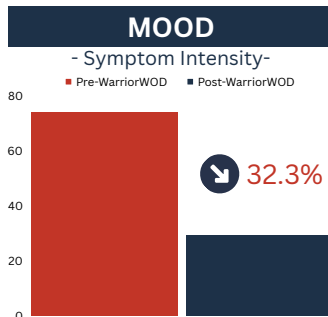
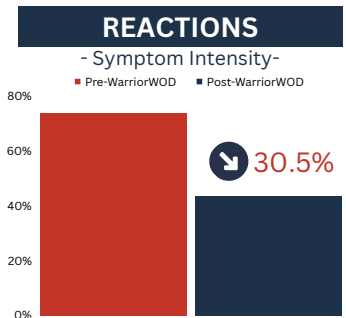


AVOIDANCE SYMPTOMS: A 29.7% IMPROVEMENT

Avoidance is a common coping mechanism that many people use to deal with the distressing thoughts and feelings that come with trauma. While it may offer temporary relief, avoidance often exacerbates the underlying issues in the long run. Through our program, we've been able to help our participants tackle this head-on. The data shows a 29.7% improvement in symptoms related to avoidance, which is a testament to the effectiveness of our comprehensive approach to mental and physical well-being.

PHYSICAL & EMOTIONAL REACTIONS: A 30.5% UPLIFT

After experiencing a traumatic event, whether in combat or back home, veterans often undergo significant changes in both their physical and emotional states. These changes can adversely affect their quality of life, relationships, and even their ability to hold a job. Our program has made a significant impact in this area, with a 30.5% improvement in symptoms related to these physical and emotional changes. This is more than just a statistic; it's a transformative change that positively impacts every aspect of a veteran's life.

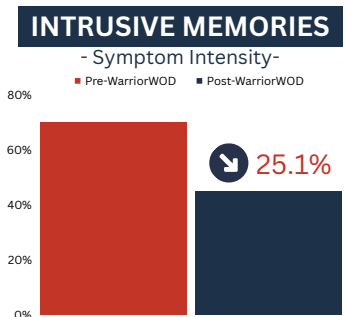


NEGATIVE THINKING & MOOD SYMPTOMS: A 32.3% IMPROVEMENT

One of the most debilitating aspects of Post-Traumatic Stress is the intense, disturbing thoughts and feelings that linger long after the traumatic event has ended. These can manifest as flashbacks, nightmares, or even a general sense of sadness, fear, or anger. Through the WarriorWOD program, we've seen a 32.3% improvement in symptoms related to negative changes in thinking and mood. This is a significant step forward in helping our veterans regain control of their thoughts and emotions, allowing them to lead more fulfilling lives.

INTRUSIVE MEMORIES: A 25.1% ENHANCEMENT

Intrusive memories are a challenging symptom of Post-Traumatic Stress, where veterans relive traumatic experiences through vivid, unwelcome recollections. This can severely disrupt daily life, sleep, and emotional stability. The WarriorWOD program has achieved a notable 25.1% reduction in intrusive memory symptoms. This progress is vital in helping veterans break free from the grip of these memories, paving the way for a calmer, more peaceful state of mind and improved quality of life.



SUCCESS STORIES

One of the most heartening aspects of the WarriorWOD program is its tangible impact on the lives of veterans. A key metric of success is the significant 29% decrease in PTS symptom intensity among our participants, a figure that powerfully speaks to the efficacy of our approach. But beyond these numbers are the personal journeys of transformation and resilience.

Ana Messler's story, a Navy combat veteran, exemplifies the transformative power of the WarriorWOD program. After returning from deployment, Ana struggled with the invisible wounds of service. Simple daily tasks were overwhelming, and nights were plagued with nightmares. However, her involvement with WarriorWOD marked the beginning of a profound change.



The program offered Ana a structured routine of nutrition and exercise, specifically tailored to her needs. This regimen improved not just her sleep but revolutionized her entire approach to wellness. A critical component of her support system was her battle buddy, who provided weekly encouragement and guidance. Their conversations, especially during emotionally challenging periods like holidays, became a source of strength and stability for Ana.

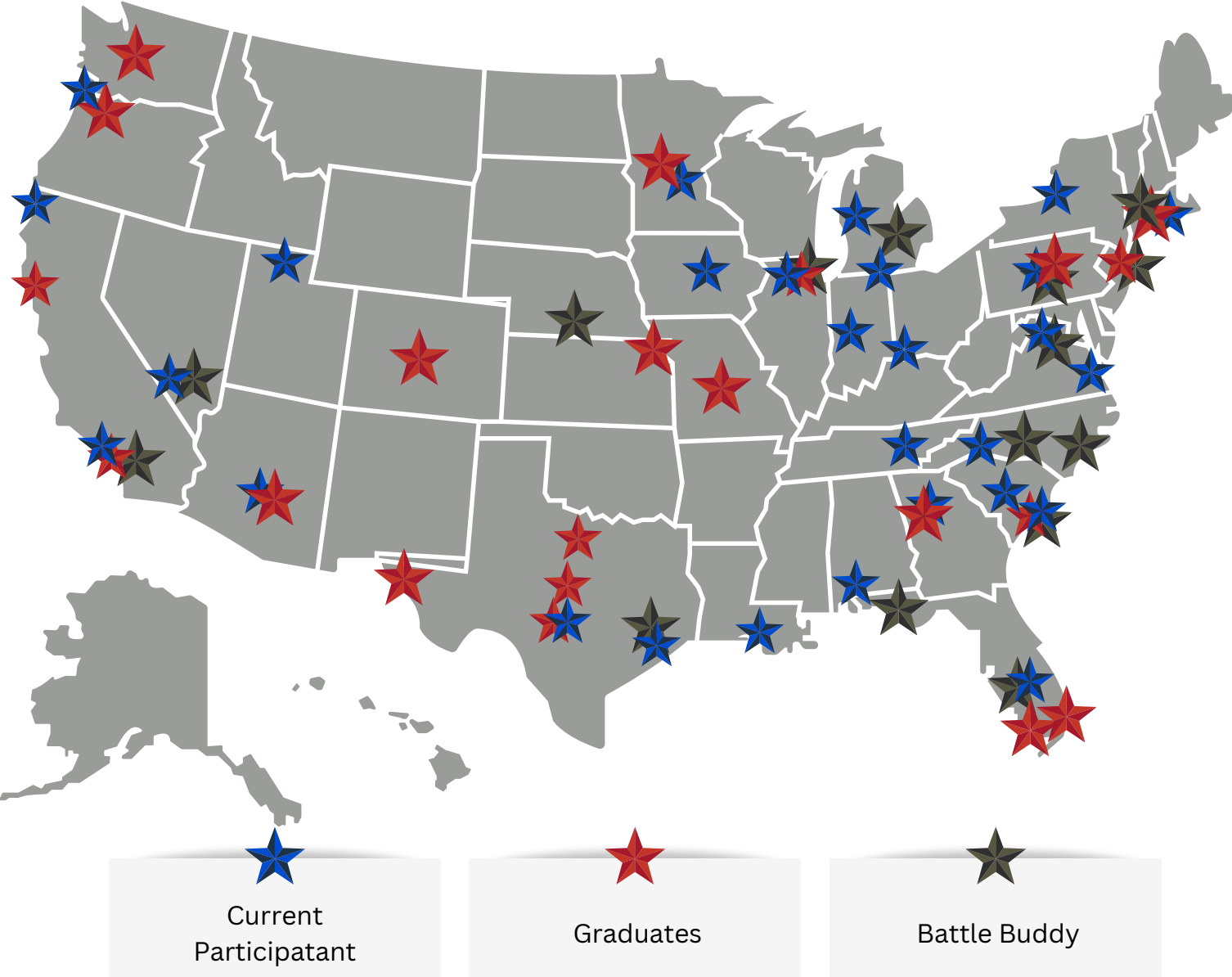
A turning point for Ana came in the wake of a personal crisis – her husband's car accident. Instead of succumbing to stress, Ana found herself drawing on the resilience built through the WarriorWOD program. Her improved diet, regular exercise, and supportive network helped her manage the situation with newfound strength. This resilience was evident not just in her ability to cope but also in her reflection on her progress and recognition of her personal growth.

Ana experienced noticeable improvements in her mood and energy levels, making her days brighter and her work more fulfilling. She rediscovered a sense of hope and a clear direction in life, reminiscent of her time in the service. Mornings became opportunities for positive experiences, and she found the energy to positively navigate challenging moments with her daughter.

Most significantly, Ana's nightmares, once a relentless reminder of her trauma, began to recede. The consistent physical activity provided by the program served as a therapeutic outlet for her stress and facilitated healing. This change allowed her to enjoy restorative sleep, crucial for her overall well-being.

Ana's journey through WarriorWOD is more than a story of recovery; it is a testament to the possibility of a renewed life post-service. Her experience symbolizes the essence of what WarriorWOD aims to achieve – not just aiding veterans in their recovery from invisible wounds but empowering them to reclaim their lives and thrive.

NATIONAL REACH



WarriorWOD is headquartered in Charleston, South Carolina, and is actively expanding its reach both within the state and nationwide. At present, our most significant impact is felt in South Carolina, Florida, Texas, and California. We're also experiencing growing influence in the Great Lakes region and the Southwest.

THE POWER OF COMMUNITY SUPPORT

A critical factor in the success and sustainability of the WarriorWOD program is the unwavering support and involvement of our community. The collective effort of volunteers, donors, and community members has been instrumental in transforming the lives of countless veterans.

The power of community support extends far beyond financial contributions. It encompasses the time, energy, and compassion shared by those who believe in our mission. Volunteers form the backbone of our daily operations, offering their skills and time to ensure that our programs run smoothly and effectively. They are the unsung heroes who work behind the scenes, from organizing events to providing administrative support, each playing a vital role in our collective endeavor.



Our donors, too, have been pivotal in enabling us to reach more veterans and expand our services. Their generosity has helped us not only sustain our “Exercise as an RX” program but also innovate and refine to further address the needs of our veterans. These contributions, whether big or small, demonstrate a shared commitment to honoring and supporting those who have served our nation.

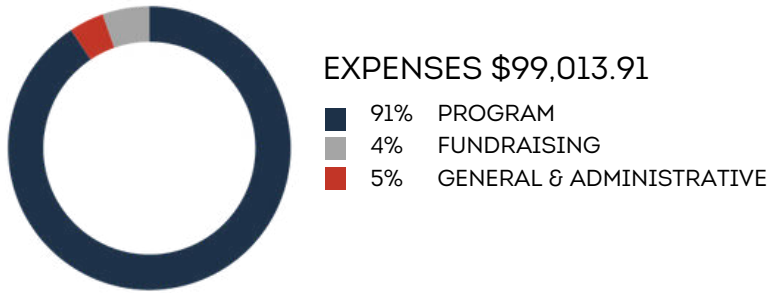
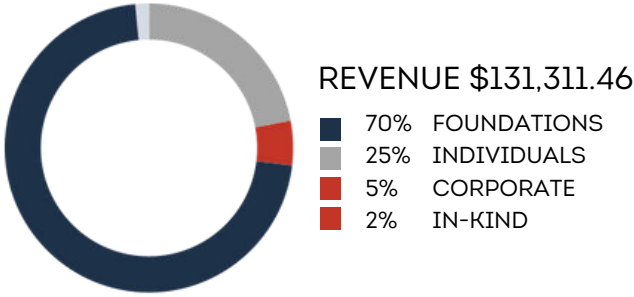
Community involvement goes beyond material support. It's about creating a network of care and understanding for our veterans. Local businesses, schools, and other organizations have partnered with us to raise awareness and foster a more inclusive environment for veterans. These partnerships have been crucial in breaking down barriers and building a supportive community where veterans feel valued and understood.

The impact of this community support is evident in the success stories of our veterans. It's in the renewed hope seen in their eyes, the smiles on their faces, and the positive changes in their lives. This support has not only aided in their recovery but has also empowered them to become active, contributing members of the community.

Our success is a tribute to you – our community. We extend our heartfelt gratitude to every individual and organization that has stood with WarriorWOD. Your contributions, in whatever form, have made a tangible difference in the lives of veterans. You have helped create a community where respect, gratitude, and support for our veterans are not just ideals but lived realities.



2023 FINANCIALS



PROGRAM EXPENSES

\$50,814
Exercise programs to help veterans recover from Post Traumatic Stress

\$10,849.70
Veteran Development and mentorship

\$27,270
Nutrition coaching and education

\$65,512
End-of-Year Net Assets

In 2023, WarriorWOD successfully supported 110 veterans, and we are setting our sights on expanding this reach to 300 veterans in 2024, further amplifying our impact.

Program Costs to support 300 veterans in 2024 will be \$654,719

OUR SPONSORS

Diamond \$50,000 to \$100,000

CCME

Gold \$5,000 to \$9,999

Southern Lowcountry Regional/Beaufort Fund

Kiawah Cares Foundation

Susan Morrow Legacy Foundation

Volvo

Bronze \$1,000 to \$2,499

Thomas Eversole

Victory Grips

Blackbaud

RedPoint Athletics

Platinum \$10,000 to \$49,999

HM & Pearl Kyle Foundation

Silver \$2,500 to \$4,999

CSX

Boeing Employee Community Fund

Katherine McAnnar

George Stockinger

Philip Palmer

Phil Palmer II

Shaun Gardner

ScanSource

In-Kind

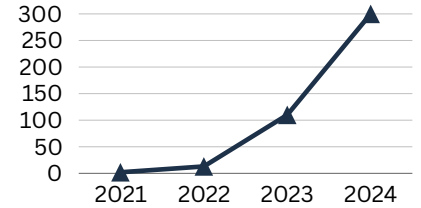
Swig & Swine



LOOKING AHEAD: OUR GOALS AND ASPIRATIONS

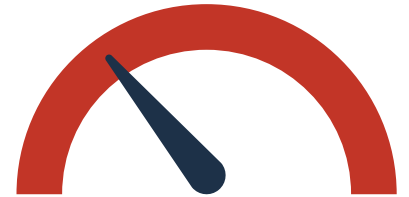
As WarriorWOD looks to the future, we are propelled by a vision of expanding our reach and enhancing the effectiveness of our programs. Our goals for 2024 and beyond are ambitious but grounded in the tangible successes we've already achieved. They reflect our commitment to not just maintain but elevate the standard of support we provide to our veterans.

1. Increasing Veteran Participation: Our primary objective for 2024 is to bring in 300 veterans into the WarriorWOD program. This expansion will allow us to extend our support and resources to a larger number of veterans, multiplying the impact of our efforts and reaching more individuals in need of our services



2. Expanding the Battle Buddy Program: Recognizing the profound impact of peer support, we aim to expand our Battle Buddy program. This expansion involves not only increasing the number of participants but also enhancing the training and resources available to our battle buddies. By doing so, we can create a stronger, more effective support network that is integral to our veterans' recovery journey.

3. Enhancing PTS Recovery Outcomes: Building on our success in reducing Post Traumatic Stress symptoms, we strive to continue improving this critical aspect of our program. Our goal is to further enhance the effectiveness of our interventions, aiming to surpass our current 29% decrease in PTS symptoms and set a new benchmark in veteran recovery.



4. Advancing Research and Sharing Knowledge: A pivotal goal for the upcoming year is to get our research project published. This initiative is not just about validating our approach but also about sharing our successful model with other organizations. By doing so, we can enable a broader replication of our methods, extending the benefits of our program to more veterans beyond our immediate reach.

5. Strengthening Partnerships: Further strengthen our partnership with the South Carolina Department of Veterans Affairs and explore collaborations with other state and national Departments of Veteran Affairs.

