

Warrior Health and Fitness

The essential 90-day wellness program for Arizona veterans and their families at no cost to them

Home Base and the Arizona State University College of Health Solutions' Military and Veteran Resilience and Health Collaborative are excited to provide our Warrior Health and Fitness program to Arizona veterans and their families.

Many veterans reintegrating into civilian life struggle to maintain their once healthy lifestyle, which leads to worsened symptoms of depression and stress. WH&F is a free, 90-day program designed to improve health and wellbeing through supervised physical exercise and education on healthy eating, living, stress management and the benefits of physical activity. Veterans and their families have the opportunity to engage with one another and build lasting connections with their peers, providing them with community and connection.

Eligibility

Open to all veterans and their families, regardless of ability or discharge status.

Cost

Free to all participating veterans and their families.

Participants receive:



Fitness evaluation and tailored exercise program



Professional nutrition counseling



Warrior yoga and meditation training



Additional resources and services available



Camaraderie, community and esprit de corps

Warrior Health and Fitness Open House and Graduation

Celebrate our first cohort of veteran graduates from the Home Base Warrior Health and Fitness Program. An open house will be held for veterans and their families to learn more about the program. Light bites and refreshments will be served.

Friday, Aug. 23, 2024
6-8 p.m.

ASU Downtown Phoenix campus
Sun Devil Fitness Complex, Room 212
330 N. 1st Ave., Phoenix AZ 85003

Register at specialevents.asu.edu/806171

For more information

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