

Press Release

Outdoor Recreation Enriches Overall Quality of Life for Recovering Veterans

Outdoors for All provided more than 1,000 therapeutic recreation experiences for injured service members and recovering veterans in 2016

SEATTLE (November 16, 2016) The Outdoors for All Foundation, a Seattle-based nonprofit dedicated to enriching the quality of life for children and adults with disabilities through outdoor recreation, for decades has used outdoor recreation as a means for rehabilitation for injured veterans and active duty military members. In recent years, grant funding from Wounded Warrior Project dramatically expanded the scope and reach of this work. In the past year, 328 of these recovering veterans and injured service members participated in more than 1,000 sessions of supported outdoor activities.

During the programs, active duty service members and veterans participated in a variety of outdoor activities, including skiing, snowboarding, cycling, yoga, cycling skills camps, mountain biking, hiking, kayaking, and camping excursions. The year culminated with 18 veterans completing the storied 200-mile Seattle to Portland Bike Classic.

Founded in 1979, Outdoors for All is a national leader in delivering adaptive and therapeutic recreation for children and adults with disabilities. Each year more than 2,400 individuals enjoy outdoor recreation aided by the training and support of more than 700 volunteers.

“I am a wounded veteran. Before Outdoors for All, I was depressed and suicidal. I was a loner and gaining weight. Cycling saved my life! I love the staff at Outdoors for All,” said Joe Nunez, a participant. “They are kind and professional. I want to thank all the sponsors that provide support to Outdoors for All. My family, friends, and acquaintances also thank you. You are my heroes!”

A survey of program participants showed the impact of participating in the Outdoors for All program:

- 90 percent said quality of life has been enriched and improved;
- 94 percent said they had increased self-confidence and sense of accomplishment;
- 81 percent said their ability to engage with people socially has improved;
- 91 percent said their physical fitness has improved, with 80 percent noting they participate in leisure and recreation more than three days a week

“The power of the outdoors to help people overcome challenges and find health and healing never ceases to amaze me,” said Ed Bronsdon, who has been executive director of Outdoors for All for 21 years. “We’re proud of our veterans and all who serve, and we are so happy to be able to give back through outdoor, therapeutic recreation programs that work.”

Outdoors for All’s programs for recovering veterans were created with the purpose of enriching one’s quality of life and improving one’s overall well-being through outdoor recreation. Each program offers the opportunity for veterans to challenge themselves physically, meet new people, learn a new skill, and break away from the stresses of daily life. Outdoors for All offers goal-setting opportunities for each injured service member or recovering veteran. This allows the experience and outcomes to be shaped by the individuals own goals and interests.



Though the private grant funding to underwrite these life enriching recreation programs for injured active duty military service members and recovering veterans has ended, Outdoors for All's commitment to these individuals has not. The organization believes strongly in giving back to these men and women have given so much

Outdoors for All is seeking to continue focused programs for injured military service members and recovering veterans, leading with the popular cycling program which emphasizes skills, technique and endurance. For those up to the challenge, it culminates in a team ride in the Seattle to Portland Bike Classic.

People interested in helping to support the cycling program can donate online at www.outdoorsforall.org or contact Nicole Prater, associate executive director, for individual contributions and organizational/corporate sponsorship.

About Outdoors for All

The Outdoors for All Foundation transforms lives through outdoor recreation. Founded in 1979 in the Pacific Northwest, Outdoors for All is a national leader in delivering adaptive and therapeutic recreation for children and adults with disabilities. Each year more than 2,400 individuals exercise their abilities thanks to the training and support of more than 700 volunteers. Outdoors for All enriches the lives of individuals with disabilities and families and helps them to get out and enjoy the great outdoors. Outdoors for All's programs include: snowboarding, snowshoeing, cross country skiing, downhill skiing, cycling, hiking, yoga, kayaking, day camps, rock-climbing, camping and custom events.

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