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S U C C E S S S T O R Y

Jahzeel Sequeira was smiling and giggling with joy because as an adult, he had just successfully independently ridden a bike for the first time in his life.

This all came about because of Jahzeel's connections with Outdoors for All thanks to a grant from the Wounded Warrior Project. Jahzeel Sequeira is a US Navy Veteran and Wounded Warrior. He first got involved with Outdoors for All for the fun of it and as a means towards enriching his fitness.

Taking ski lessons with Outdoors for All in the winter season increased his skiing abilities and also built up his trust and confidence in Outdoors for All staff and volunteers. As a result, he approached Outdoors for All staff and said, *"You know, I've never learned to ride a bike. Is that something you could teach me to do?"*

We said *"Of course!"* And so, a few weeks later, Jahzeel was exploring the basics of riding a two wheel bike. Like anyone learning to ride, he had some challenges at first. But with practice, he soon was cycling with confidence around Magnuson Park.

Jahzeel knows that he needs more practice. And, as the winter weather turns to spring, we'll have plenty more opportunities for him to do that!

"It was awesome!" said Jahzeel. *"I'll never forget it."* Jahzeel continued to laugh aloud and said, *"It just feels so good to be learning something new and to be successful at it!"*



Wounded Warrior Jahzeel Sequeira just about couldn't stop laughing with joy.



Left to right, Jahzeel Sequeira & volunteers Peter Murray & Beth Lachner, all three are US Veterans involved in the Outdoors for All winter program.

