



Mission of Ride 2 Recovery

To improve the health and wellness of injured veterans by providing a life-changing experience that can impact lives forever.

Program

R2R supports Spinning® Recovery Labs and outdoor cycling programs at military and Veterans Administration locations around the US to help injured veterans overcome obstacles they face. Cycling is an important part of the recovery and rehabilitation for three reasons:

1. Cycling is an activity that is conducive to people with both mental and physical disabilities
2. Participation in the Ride 2 Recovery program helps to speed the recovery and rehabilitation process
3. Men and women experience a sense of normalcy, accomplishment, pride, camaraderie and provide relief from depression and other problems that accompany recovery and rehabilitation.



Morale, Welfare Benefits

The R2R cycling program strengthens the body and helps to reduce the experience of stress, depression and anxiety. Dozens of scientific studies have demonstrated the relationship between exercise and mood. Exercise promotes arousal and relaxation as well as improves the quality of sleep, helping the body to recover from the stress response. Cycling builds strength in a holistic manner since every single part of the body is involved in cycling.

We now know that exercise helps to generate new brains cells. Studies show that exercise actually helps the regeneration of damaged brain circuits.

A major obstacle to the regrowth of severed nerves is overcoming the chemical resistance of cell substrates. The Gómez-Pinilla's team has found that exercise reduces the inhibitory capacity of the injured brain and thus may help reverse some of the devastating consequences of traumatic brain injury.

I think the Ride to Recovery is important to wounded warriors because it gives them something to strive for; something to commit themselves to. It is physical, it clearly is mental and also is an opportunity to enjoy the camaraderie that comes from people that understand, like they do, the sacrifices that people make in war."

**Adm. Gary Roughead
CNO – US Navy**

