

2015 ARMY WARRIOR GAMES ATHLETE

NAME

Eric Pardo

RANK

Staff Sergeant

STATUS

Veteran

MOS

68W (Health Care Specialist)

HOMETOWN

North Bergen, New Jersey

CURRENT LOCATION

San Antonio, Texas

SCHOOL(S)

Not Specified

INJURY OR ILLNESS

Not Specified

LOCATION AND DATE OF INJURY OR ILLNESS

Not Specified

EVENT(S)

Swimming, Cycling, Sitting Volleyball



Staff Sgt. Eric Pardo is very excited to compete in the Warrior Games as a member of Team Army. "It is an amazing feeling and one that I find difficult to describe. Training and competing has been something that has assisted me in not only my healing process but also in my transition into civilian life," said Pardo. It has shown Staff Sgt. Pardo that he is more resilient than he

ever believed he could be. "I have been able to focus and redirect my thoughts in a way that I can function in a more productive and healthy manner when my pain and stress levels are high or low," added Pardo.

Adaptive sports training and competition has taught Staff Sgt. Pardo that no matter what limitations or restrictions are put on him physically, he can always find a way to overcome them mentally. "My mind controls my body, not the other way around," said Pardo.

