

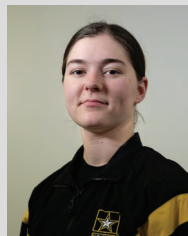


## TEAM ARMY BIO

Sergeant (SGT) Bianca Hayden, aged 23, has dedicated nearly six years to the National Guard, with deployments spanning Afghanistan, Germany, and Poland. Currently stationed at the Joint Base Lewis-McChord (JBLM) Soldier Recovery Unit (SRU), SGT Hayden is undergoing recovery from two shoulder and bicep surgeries on her left arm.

Throughout her rehabilitation, SGT Hayden remained committed to her physical regimen, adapting her workouts to accommodate her limitations. The SRU facilitated her transition to one-armed rowing, a newfound passion that has become integral to her routine. Motivated by her experience, SGT Hayden delved into understanding her injury and recovery process, obtaining certification as a personal trainer, and specializing in adaptive workouts. Competing in the Warrior Games is deeply meaningful to her, symbolizing resilience in the face of adversity.

Embracing the challenges ahead, she finds inspiration in the pursuit of adaptive sports and the camaraderie of fellow athletes. Though uncertainties loom regarding her post-SRU path, SGT Hayden remains steadfast in her belief that obstacles are opportunities for growth. She is reminded that triumph often follows the most daunting setbacks.



Full Name

Bianca Hayden

Preferred Name

Bianca

Rank/Abbreviation

Sergeant/SGT

Service Branch

National Guard

Injury or Illness

Shoulder Injury

Hometown (City, State)

Eugene, OR

Current Location/SRU

Joint Base Lewis-McChord, WA

### MEDIA CONTACT

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