



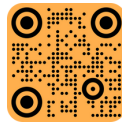
## -Health & Wellness Quarterly- Charlotte's Public Safety Newsletter

provided by Charlotte Fire, 2023



### Monthly Workouts | Proprioception... What's That?

It's the awareness that a person has as they move their body through time and space. Breakdancers and Gymnasts have it. Toddlers do not. The rest of us are somewhere in between. The good news is that we're likely to make progress just by practicing the movement itself. Check out June's workouts to see what workout #2 has in store!

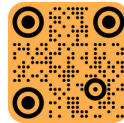


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### Blog Articles | Summertime Sun Protection

It's that time of year when school's out and people are planning trips and vacations. Everyone knows that getting plenty of sunlight is important for our health. However, there is such a thing as getting too much sunshine. Sunscreen won't help you hit PRs in the gym but it can help prevent skin cancer so read up!



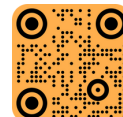
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Kevin Jauregui

### Video Gallery | Exercise Physiology Sessions

Exercise Physiology or "EP" sessions are available for eligible employees at our Midtown location just like Physical Therapy and Health Coaching. Each of the four EP's (Abby, Kevin, Kiko, TK) has their own background and skillset making them the expert in their discipline. Kevin works with clients on strength training and form correction. Check out his video along with the others. Which EP would be the best fit for you?

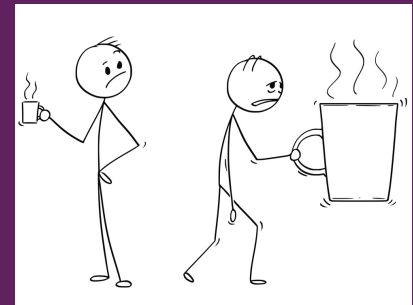


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It's not exactly what we meant by "You should try supplementing with more Vitamin C..."

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