



Marathon
Health™

-partnered with-



RESERVE HEALTH

Presented by: Hunter Heath (HC) and your Midtown Public Safety Healthcare Team

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



Monthly Workouts | The Pull Up

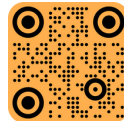
You take your grip with arms fully extended and your lower body suspended in the air. After visualizing a deadly predator bearing down on you; take a deep breath and pull yourself up as if your life depended on your chin grazing the bar. The end result... data suggests that less than 60% of the general population would even manage a single rep.



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Blog Articles | What Is Depression?

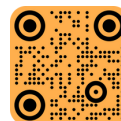
Many believe depression is the same as being sad and use the two words interchangeably. While most online thesauruses list sadness as a synonym for depression, there are distinctive differences you should be aware of. This article aims to explain signs and symptoms as well as educate on resources available to those in need.



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Video Gallery | The Chest X-Ray

Accidentally discovered in 1895, the X-Ray would become a major advancement in modern medicine. Bone breaks, fractures, and various types of tumors throughout the body all became easier to detect and examine. All while having less than a 1 in a million chance of causing side effects from the minimal amount of radiation being used.



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