



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 | Bulgarian Split Squat

From December, workout #2 incorporates the Bulgarian Split Squat to focus on developing balance, flexibility, and strength all at the same time. Trying this workout might highlight some unsuspecting areas that have room for improvement.



Blog | Injury Prevention in Public Safety

Collecting aches and pains over time will be a fact of life for most of us but that shouldn't keep us from doing the work that can help minimize the wear and tear on our bodies. Knowing your highest risk areas will be critical when you're looking to ward off unnecessary injuries.



Video Gallery | What Is Health Coaching?

It's a statement that I've made countless times: "If you're looking for ways to feel healthier, happier, and more fit then I want to be a part of your discovery process". With 1-on-1 sessions we can drill down until we find a strategy that'll give you your best chances for success.



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- Get Moving with Handcrafted Workouts
- Flex the Brain with Blog Articles
- Watch, Learn, and Grow with our YouTube Channel

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