

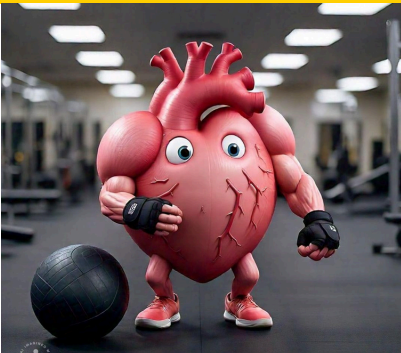


presented by: Hunter Heath (HC) and your Midtown Public Safety Healthcare Team



Charlotte Police Department

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



Workout Wisdom | Start 2025 with a SLAM!

Slam ball exercises are dynamic full-body movements that help burn fat and build muscle all while amping up your cardiovascular fitness! September's edition highlighted benefits and tips for incorporating this plateau busting exercise into your workouts.



Scan or Click



Blog Articles | Don't Forget Your Vitamins

Discover the hidden impact of high-stress professions and the most common vitamin deficiencies affecting firefighters and police officers. Learn how targeted nutrition can support the demanding lifestyle and boost overall health and well-being.



Scan or Click



Video Gallery | Wintertime Wellness

Stay strong and ready for action all winter long. From strength training to mobility exercises, Reserve Health's YouTube features job-specific content for firefighters and police officers who need to work at peak performance and stay injury-free in the toughest conditions!



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Click each [LINK](#) or scan these QR-Codes to visit the PSCLT website.



Jon Gardner, DPT
Physical Therapist



As the new face of Midtown's PT service, Jon has practiced performance physical therapy on some of Charlotte's top professional athletes. Now he's ready to tackle Charlotte Public Safety. Call today to schedule!
PH: 980-265-8869

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