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



Monthly Workouts | Add Isometrics to the Mix!

Looking to switch things up with your strength training? Try modifying your workouts to include more isometrics! Isometric strength training means contracting our muscles without letting the joints move, allowing us to build strength and endurance, boost joint stability, and reduce injury risk.



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Blog Articles | How Do You Meal Prep?

Ready to take control of your nutrition and simplify your life with meal prepping? It doesn't just save time and money while reducing food waste! Meal prepping offers a convenient way to stay on track with your nutrition goals while avoiding the temptations of unhealthy food and snacks on the go.



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Video Gallery | Content for All Interests

Enhance your wellness with our Public Safety YouTube channel, your go-to resource for health and fitness-related content! From exercise instruction to mental wellness tips, we offer valuable content to help you achieve your fitness goals and maintain a balanced lifestyle. Subscribe now and join our community committed to living healthier, happier lives!

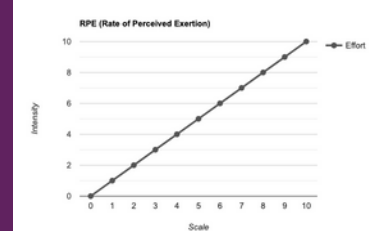


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Click each [LINK](#) or scan these QR-Codes to visit the PSCLT website.



Have you tried "RPE"?



The 0-10 RPE (rate of perceived exertion) scale can accommodate more variation with training needs compared to traditional routines.