



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



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

Charlotte Police Department

The Coach's Note: "The Success Horizon"

Imagine you're at the beach, sitting in the sand, looking at the water. As you scan from left to right, you decide you don't want to look at the birds, the umbrellas, the people, or the fly-by advertisements. What's left is still great! The blue water, the waves crashing in, the clouds rolling by, and the bright sand. It'll still ease away the stresses that pushed you to take the vacation in the first place. But what's missing? Watching people buy cold treats from the cart rolling by? The moms tossing a foam football with the kids? The dads assisting in the hunt for the perfect seashell? The engagement photos being taken at the edge of the tide coming in?

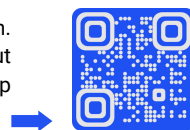
Our Health, Wellness, and Fitness journey should feel a lot like our family beach vacations. We don't drive to the coast just to look at the water. A rainy day might call for some indoor putt-putt before you hit up the endless crab legs at the buffet. If that happened, it'd still be considered a perfect day off, right? The point is, when you limit what you hope to get from the experience, you limit your *Success Horizon*.

The Success Horizon is all of the possibilities you see before you when planning your Health, Wellness, and Fitness journey. The bigger the Success Horizon, the more likely you are to succeed! The more limitations you set, the more likely you are to fail. We're all limited by work, traffic, bills, etc., but that doesn't mean you have to limit your journey too. Don't like to lift? Walk! Don't like cardio? Lift weights... FASTER! Nervous to try something new? Try it five days in a row this week, then three days next week. Maybe try it in reverse after that! If you like it, keep going. If you don't, move on!

The Coach's Note: Explore. Try something new. Never sacrifice fun. Consistency and effort matter most!

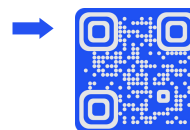
[Blog Articles](#) | [Fitness Programming for Public Safety](#)

Many of us have sat down with the goal of mapping out a fitness plan. What goes where? Will this work? All valid questions in the cart being put before the horse! Check out this simple template I made for helping map out the foundation of your weekly exercise routine!



[Workout Wisdom](#) | [Bottoms Up Shoulder Stability](#)

There's strength. There's mobility. However, STABILITY is an often overlooked element that's vital to creating optimal health and maximal performance. Selected by our very own "TK" Atiba, EP (Midtown).



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



Kevin Jauregui, ACSM EP-C
Exercise Physiologist



As a competitive powerlifter and Exercise Physiologist; Kevin can help Fire and Police achieve their own performance goals with hands-on education and strength training programming.

Call 980-265-8869 to schedule today!