



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



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



Monthly Workouts | Burn Calories in the Cold!

Plenty of people are researching recovery methods like cryotherapy and cold plunging but did you know that exercising in the cold helps to burn more calories and activates brown fat more effectively? Embrace the chill and try tackling your workouts outside following a thorough warm-up routine!



Scan or Click



Blog Articles | Dry Needling by Spring 2024!

Also known as "trigger point dry needling" and "intramuscular dry needling". This technique is used to address the health and function of an affected muscle by helping it to contract and relax until flexibility and performance are improved. Our Physical Therapist, Clint Brooks, has written an overview of the service he'll be providing by Spring 2024 so stay tuned!



Scan or Click



Abigail Kilcer



Video Gallery | Abigail Kilcer - Exercise Physiologist

As one of the four providers for our Exercise Physiology group; Abby has been using her background as a track coach to instruct and educate Charlotte Fire's academy recruits on run form and cardiovascular conditioning. If that piques your interest then watch her *VIDEO* and contact our office to schedule your own 1-on-1 session to get the New Year underway!



Scan or Click

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



NEW! Midtown MSG



MIDTOWN MESSAGE

"Where the physicals are"

Sergeants are now receiving weekly updates on what's new, what's changing, and what's needing clarification.

-Be sure to spread the message-