



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 | Your Hips Won't Lie!

Most people know what the hips are and can point them out in a conversation. They're a group of muscles that include the gluteus maximus (the largest muscle in the human body). March's #4 workout highlights the hip-hinge movement and illustrates just how necessary the hips are to overall strength, performance, and function during our daily lives.



Scan or Click



Blog Articles | What Counts as Exercise?

Years, months, weeks, days, hours, minutes, seconds. Time restricts all of us when it comes to managing life so, "finding" more of it to plug in a quick workout can seem impossible. At least, many Health Coaching clients feel that way until they learn how to seek out opportunities that compliment their day versus take away from it.



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Video Gallery | Content for All Interests

Even though the fire department implements the FPAT, certain members from the Midtown office have gotten the opportunity to experience the test first hand. This helps us understand both the science behind the test as well as the experience. Check out the YouTube channel and see our EP (Kevin) lay down a 5 min 30 sec pace during class 123's final FPAT session.



Scan or Click

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



Calories Made Easy



Calorie counting is critical to weight management. Use these simple calculations to establish your daily calorie needs.

Lose: BW x 10-13 calories
Maintain: BW x 13-15 calories

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