



Marathon Health™

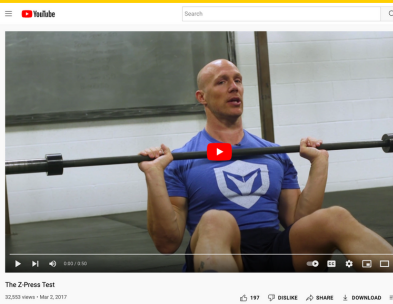


RESERVE HEALTH

-partnered with-



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



### [Monthly Workouts | Exercise Origins](#)

If the name Zydrunas Savickas sounds familiar then you've probably heard of the Z-Press from November's No.7 workout. The Lithuanian "Big Z" was so strong in the overhead press events that it only seemed fitting to name an exercise after him. It won't take long to see why the Z-Press is such a challenging variation of the popular shoulder movement.

### [Blog | H2O: The World's First and Foremost Medicine](#)

As my high school football coaches Matt & Wes Beam used to say: "If you wait until game day to start drinking water then you waited too long." Of all the things I learned during my time on the field, this lesson continues to ring true. Whether it's sports, yard work, or a physically demanding job; proper hydration continues to rank as one of our most effective strategies for promoting health and fitness.

### [Video Gallery | Prostate Cancer Screening](#)

The American Cancer Society estimates that a man has a 1-in-8 chance of being diagnosed with prostate cancer in his lifetime and predicts that 2022 will see more than a quarter-million new cases by the end of the year. It's statistics like these that remind me of the saying "An ounce of prevention is worth a pound of cure".



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