



## Richard Lindhiem Humetrics Consultant

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### REST and RECOVER



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#### Experience

Having over 17 years' experience working in the field of physiological performance and recovery assessment and data analytics through clinically validated gold standard scientific assessment technology. Over this period Richard has learned to deliver meaning insights to help clients better understand the outcomes of behaviours and the physiological drivers behind optimal personal performance and recovery.

The non-invasive gold standard metabolism and stress-recovery assessments provide highly personalised data, reports and support, highlighting strengths and weaknesses in a clients physiological performance and recovery profile. Clients are armed with personally quantified behaviour drivers to optimise their status and outcomes.

#### What we can offer

We all know that sleep is essential, however not all sleep is equal. Using the latest technology, we can now evaluate your sleep patterns and identify any changes you may need to improve your health. An unobtrusive, wearable device sent directly to your door is used for three days which monitors your heart rate variability (HRV) and stress levels/recovery. Once this data is collected Richard will assess the results and you will receive advice tailored to your needs. This service can be repeated after a certain period to assess the difference in your health. **A Measurable difference!**

#### Fees

**FREE** 30 min presentation with Q&A's at the end

**OR**

Priced £180, (**normally £300**) - Initial online consultation, includes a **FREE** initial 3 day-test normally valued at £150, PLUS a **FREE** follow up online consultation with a full report. (Richard has kindly offered this very valuable service we highly recommend considering)