



Ep 38 HRV: The Primary KPI To Track So You Can Excel Under Pressure

With Andi Clark

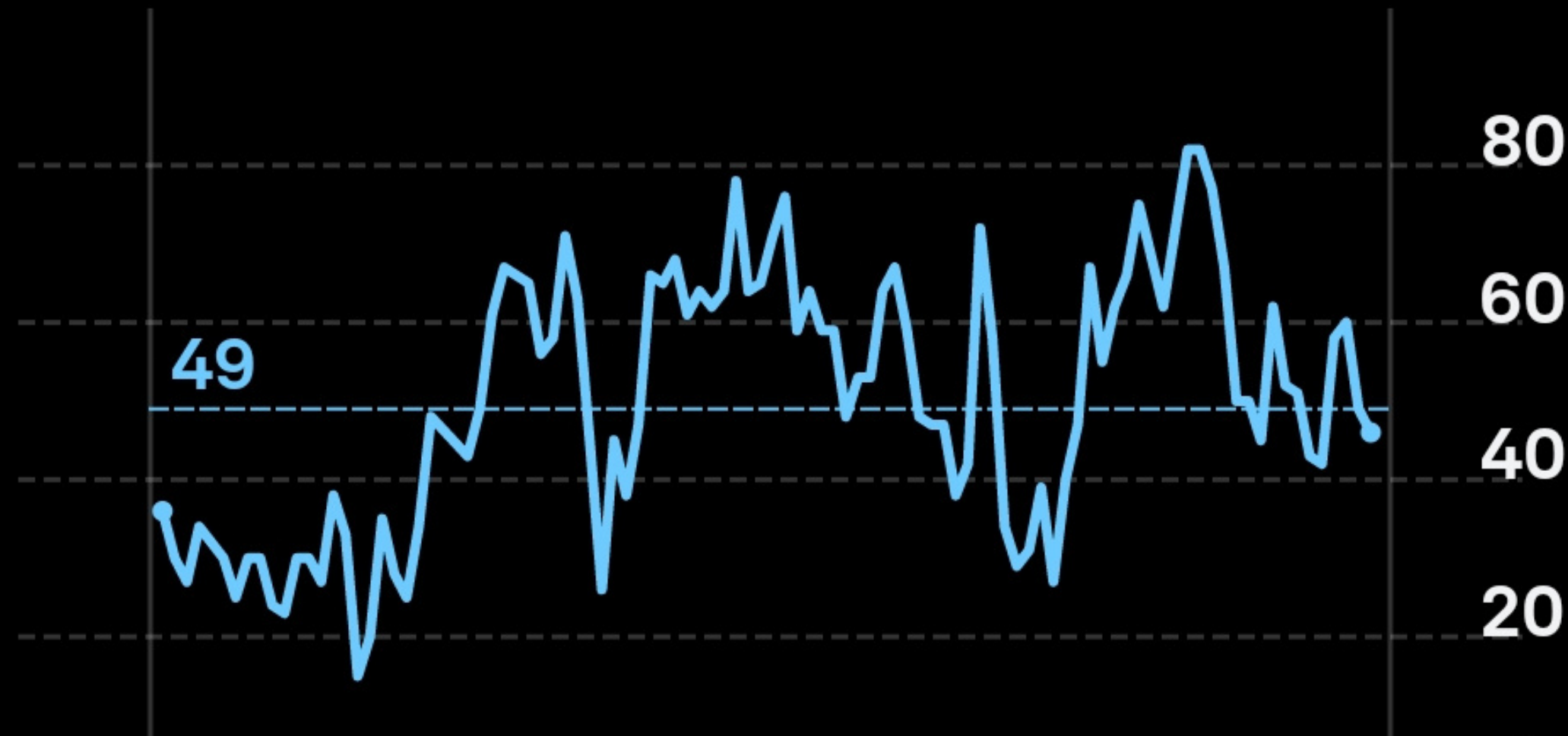
ELEVATED HRV

Your HRV is 21% higher than usual which signals peak recovery. A high HRV indicates your body is ready to perform. Take on heavy strain today to stay active and moving.

Average HRV

49_{ms}

Max 82 ms



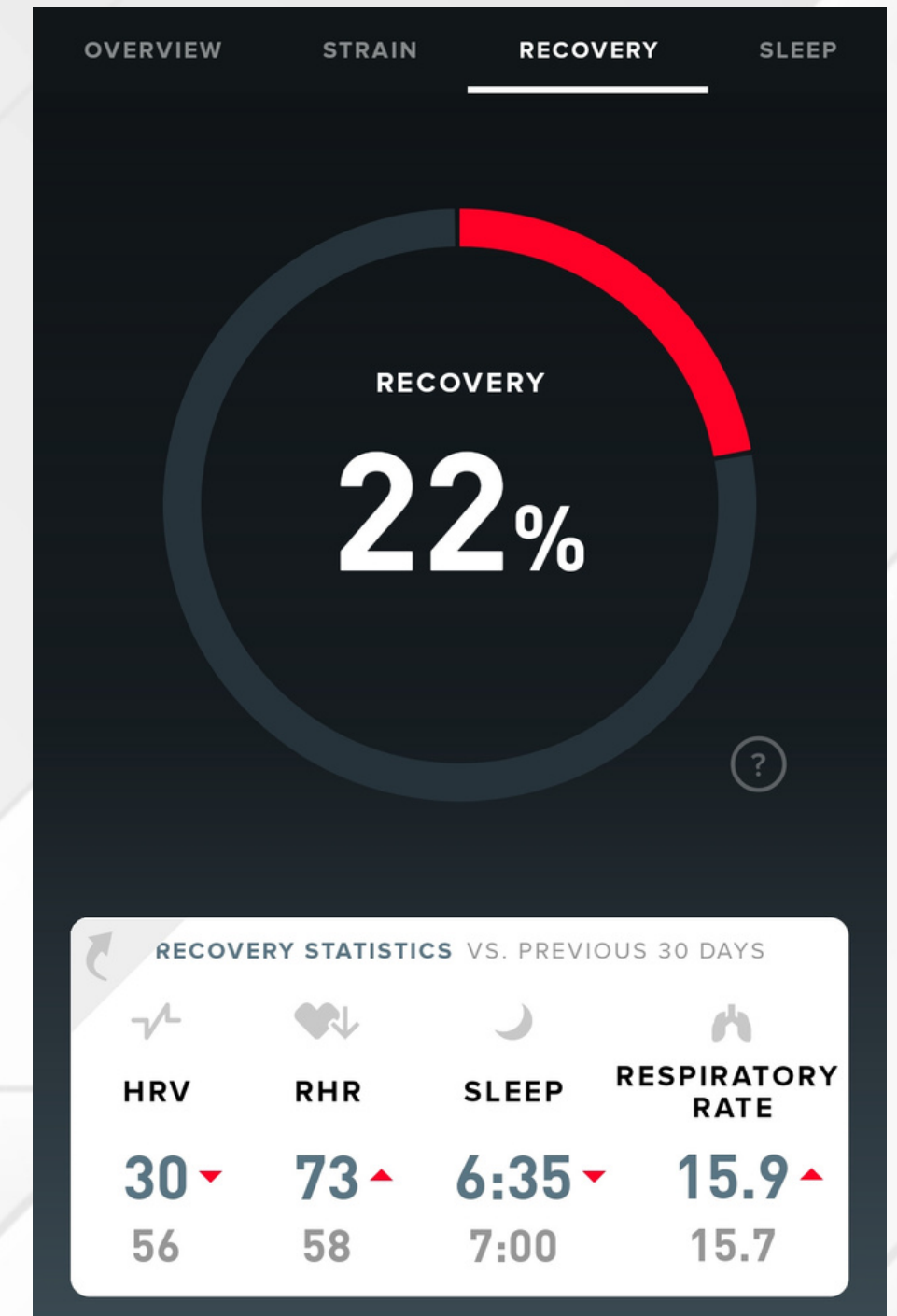
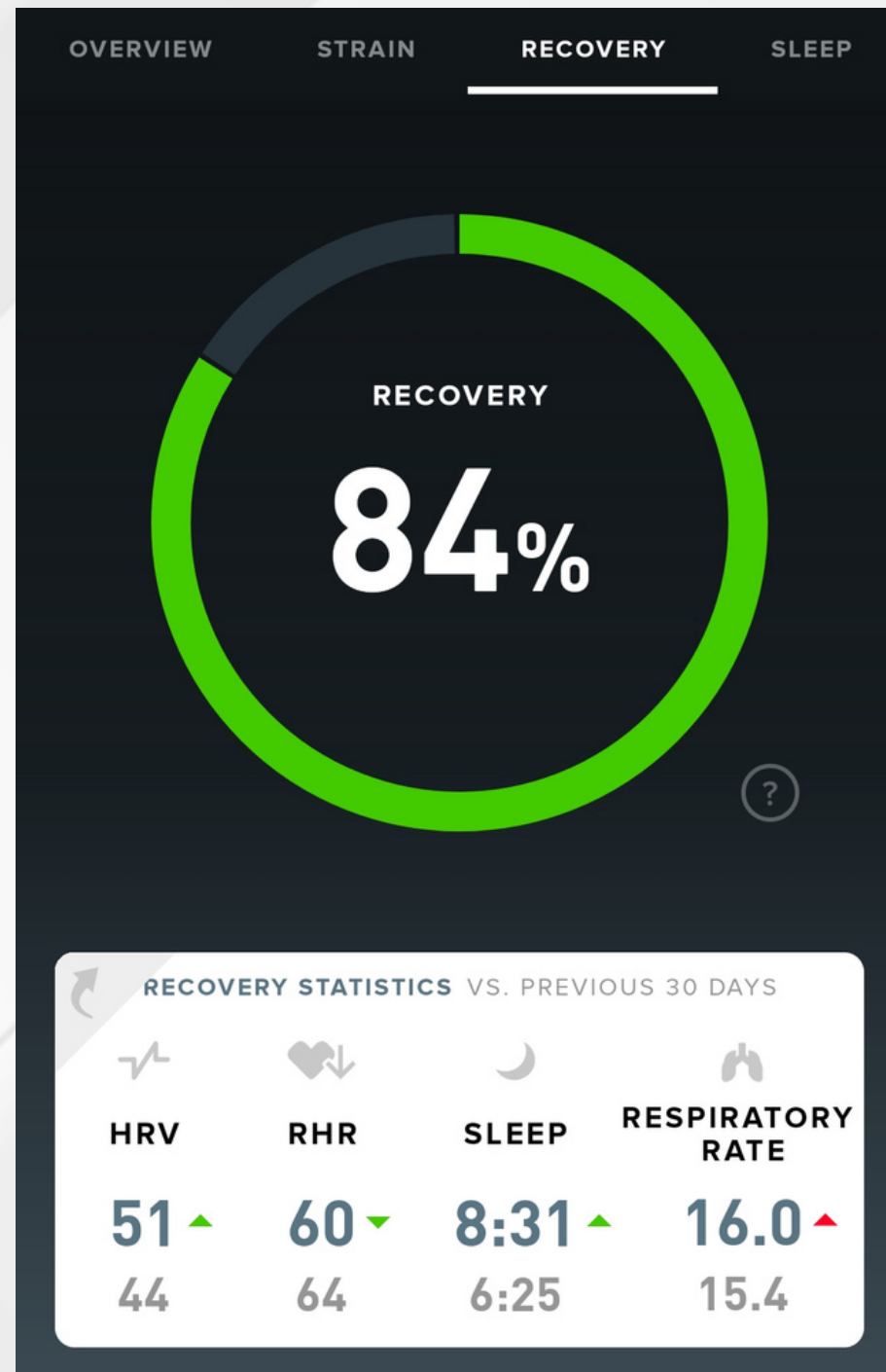
HEALTH KPI
Podcast

WHAT
IS
HRV?

HRV

-Distance between heart beats

When you are **stressed/anxious** your **heart beats faster** so the time between beats is shorter.



HRV Improves The Success Of Therapy

FOREWORD BY JEFFREY SOMERS
FOUNDER OF OPTIMAL HRV

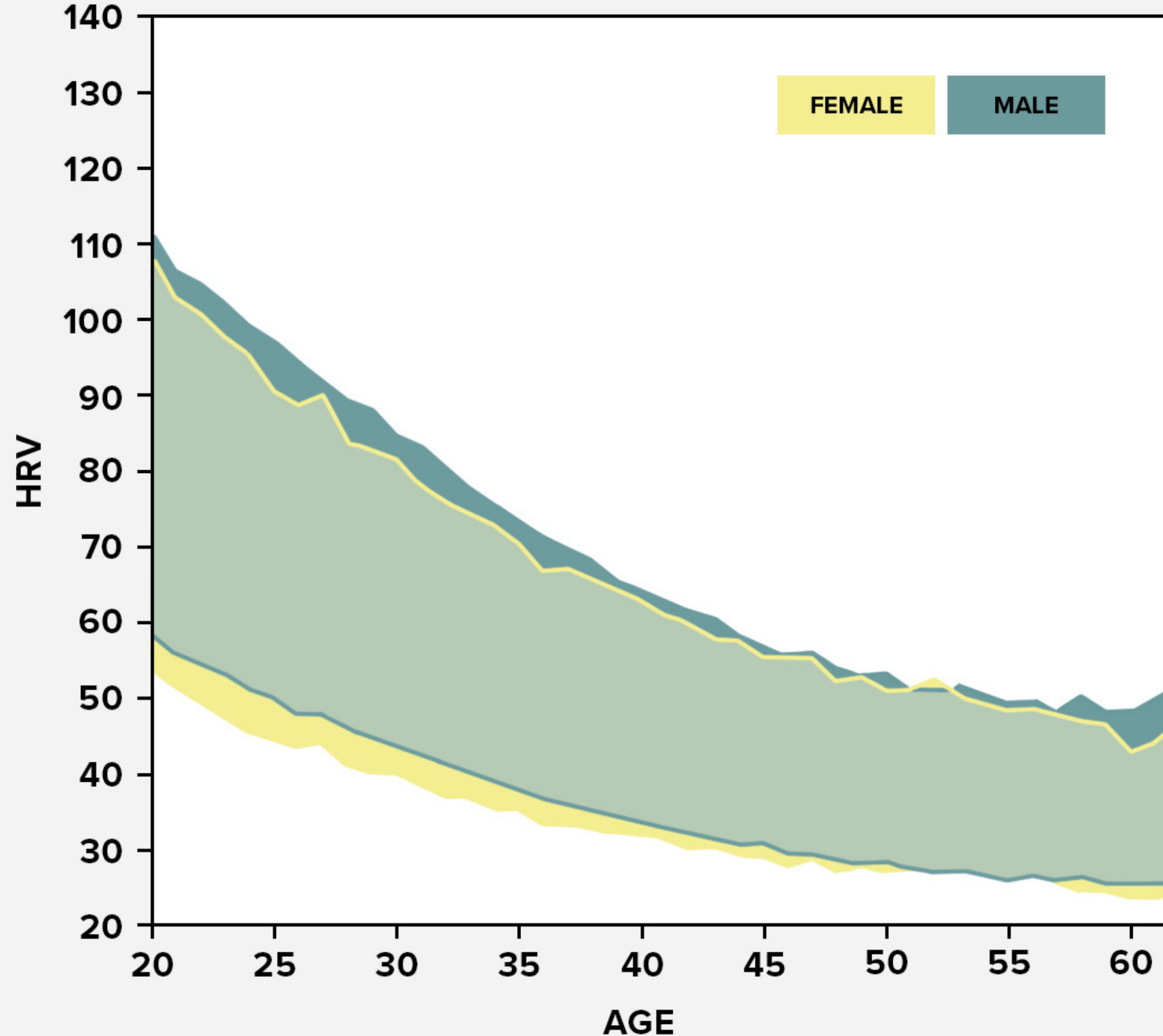
HEART RATE VARIABILITY



USING BIOMETRICS TO IMPROVE OUTCOMES
IN TRAUMA-INFORMED ORGANIZATIONS

MATTHEW S. BENNETT

MIDDLE 50% OF HRV VALUES BY AGE



**HRV Varies from
Person To Person**

**Genetics can play a part in
47 - 64% into where HRV lies**



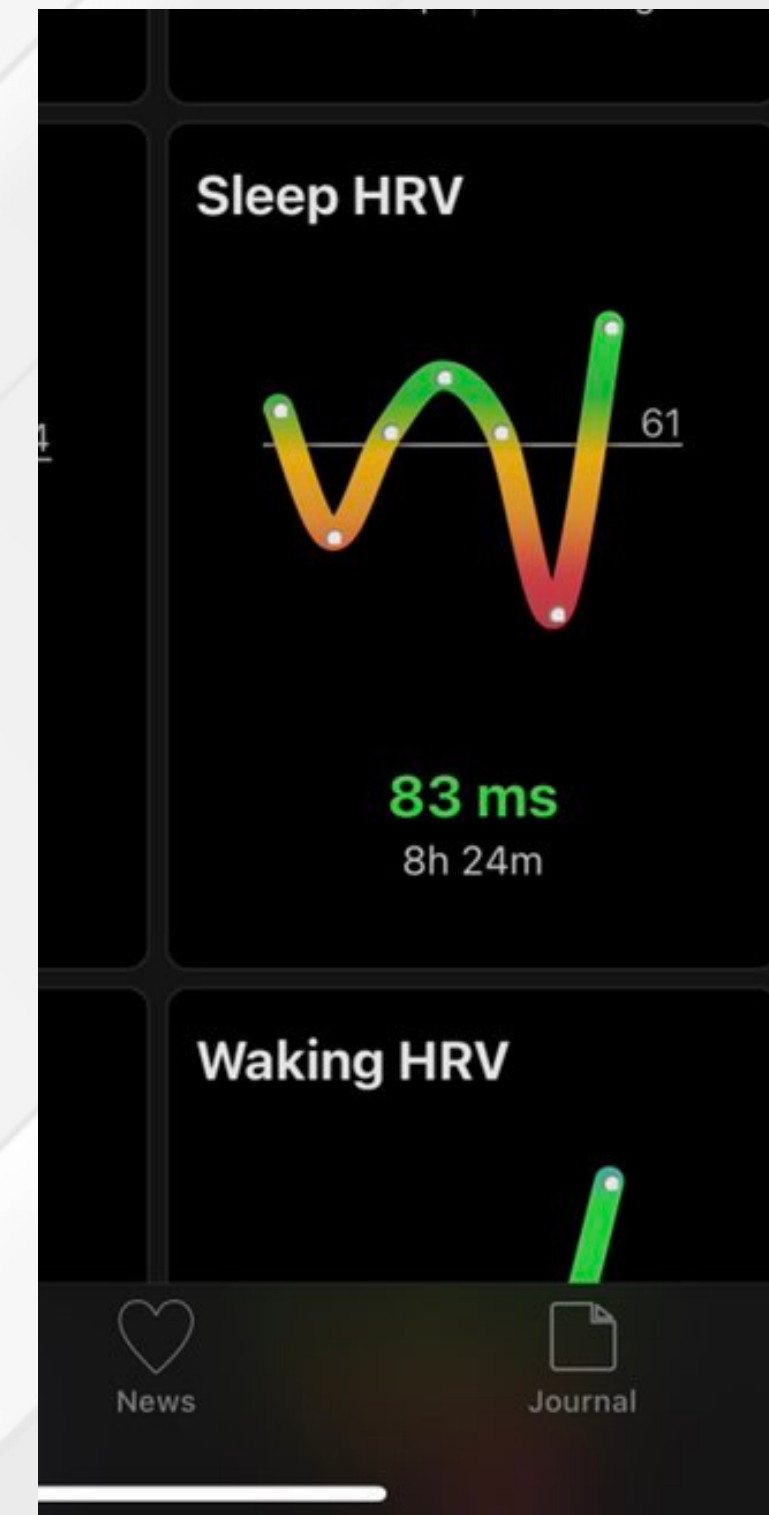
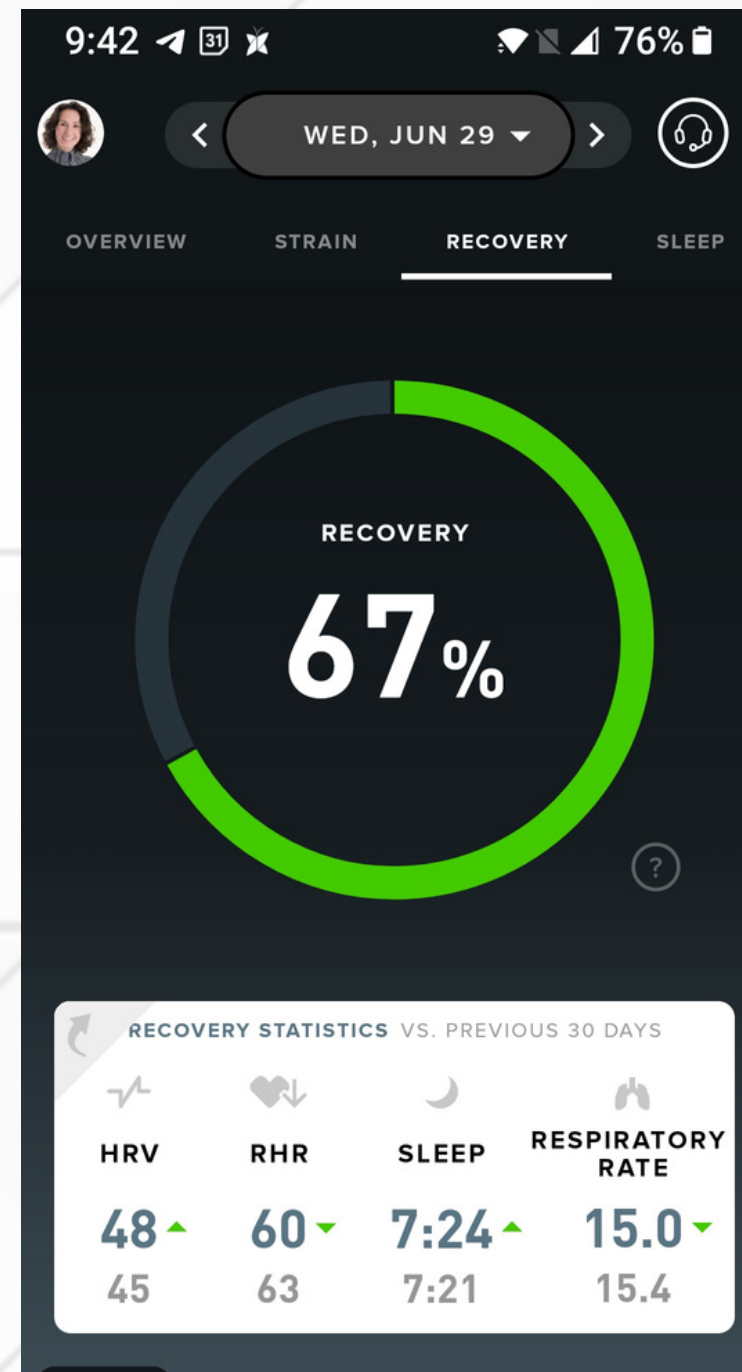
Sleeping Vs Waking HRV

You DO NOT Always Want A High HRV

How To Improve Your HRV



How To Track HRV



HRV Is The Primary KPI To Track For Excelling Under Pressure

Next Episode : Explore Another Vital KPI

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