

General Information and structure of intervention

Introduction to the Healthperformance lab:

The knowledge of how to achieve peak performance in the athletic, military and corporate field are widely spread and well understood. In many countries however, some groups of people remain at the top over relatively short periods and then vanish into the unknown area of mediocrity. The athletes or members exhaust themselves, burn out and get ill physically, mentally or emotionally.

The way to the top level of the world in the fields of sports, performing arts, science or in other fields takes about 10.000 hours of practice, meaning 10 years and 4 hours per day of sustaining the motivation, effort and dedication to get there. Very few individuals, groups or countries stay on the top for an extended period of time and show a sustainability, in German language "**Nachhaltigkeit**". In the last three decades, we developed the knowledge and technology to tackle such a big challenge and we can be successful. That is why we coined the term "Healthperformance", delivering peak performance and staying healthy over long periods, staying motivated, getting stronger, avoiding overtraining, and finally succeed.

German efficiency and long-term experience together with Arabic economic capacity can create a foundation for future success. The ACT GmbH Team has over 30 years of experience in the development of the therapeutic interventions for excellence and is forming a winning team in cooperation with the Institute for Neurofeedback and Biofeedback of Dr. Eva Otzen, a leader in the field of Neurofeedback in Switzerland.

Three big pillars of intervention create the flanks of the pyramid of success all the way to the top:

Hypoxia training: breathing mountain air - training the cells – see separate information

Heart rate variability: feeling with awareness – strengthening the heart– see separate information

Neurofeedback: balance brainwaves required to achieve high performance when results count – see separate information

Three groups of performing individuals or groups are being identified and deserve individually separate strategies of intervention: peak performers in the athletic, military and corporate fields.

1. ACT Healthperformance – athletic excellence

Target group: World class and national leading athletes

Objectives: increase performance, speed, endurance, regeneration capacity

Diagnostics: HRV Diagnostics, Quick Q EEG, Hypoxic test,

Measures: 30 x 50 min sessions in Hypoxia training, HRV Biofeedback and Neurofeedback training

Adjunct and extending measures: Multi channel Peak performance analysis & training, Fascial training

2. ACT Healthperformance - precision force

Target group: Military, Special Forces and police personal

Objectives: increase precision, mental and physical energy output and alertness, flexibility in response

Diagnostics: HRV Diagnostics, Quick Q EEG, Hypoxic test, TICS test, reaction rate test

Measures: 30 x 50 min sessions in Hypoxia training, HRV Biofeedback and Neurofeedback training

Adjunct and extending measures: Multi channel peak performance analysis & training, Chronobiological coaching, nutrition coaching

3. ACT Healthperformance - executive resiliency

Target group: Corporate and leaders in economy and government

Objectives: increase flexibility, stress resiliency, blood pressure regulation and regeneration

Diagnostics: HRV Diagnostics, blood pressure, Quick Q EEG, Hypoxic test, TICS test.



ACT Healthperformance Lab i-nfb - cooperation of the best -



Measures: 30 x 50 min sessions in Hypoxia training, HRV Biofeedback and Neurofeedback training

Adjunct and extending measures: Multi channel peak performance analysis & training, Chronobiological coaching, nutrition coaching & workout