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After graduating from Cardiff Metropolitan University in 2001 with a BSc and MSc in Sport & Exercise Science, Rich started his career as a research physiologist in phase 1 clinical research. He then moved to an applied setting as an exercise physiologist in the Fire & Rescue Services working as part of a multidisciplinary occupational health team to ensure the health, safety and wellbeing of firefighters in South Wales for 15 years. During this time Rich led a programme of research into the National fitness standards for firefighters (which formed the basis of his PhD at the University of Bath). After completing his PhD in 2018, Rich moved to the University of Bath as a post-doctoral researcher where he has been focusing on investigating digital solutions to help manage a range of health conditions.