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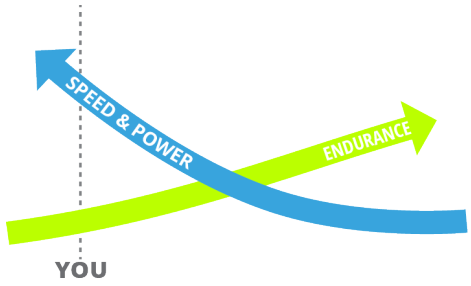
MUSCLE PERFORMANCE *(page 9)*



SPRINTER - GOOD FOR SPEED & POWER
You may benefit more from higher intensity, shorter workouts because your muscles have the potential to burn more calories in a shorter amount of time.

FAT LOSS WITH EXERCISE *(page 10)*

MOST EFFICIENT
Add more strength training to your workouts to maximize your genetic potential. Try weightlifting, Pilates or yoga.

AEROBIC POTENTIAL *(page 11)*

HIGH
Maximize your potential with high-intensity interval training; be sure to incorporate whole body movements for greatest benefits.

INJURY *(page 12)*

MODERATE RISK OF INJURY
Reduce risk of injury, including Achilles tendinopathy, by replacing training shoes before they are worn out.

RECOVERY *(page 13)*

MEDIUM RECOVERY
Minimize muscle soreness by preconditioning, warming up, stretching, and using a foam roller.

BODY WEIGHT *(page 18)*

MODERATE SUSCEPTIBILITY TO OBESITY
You need bursts of higher intensity exercise to counter genetic effects on hunger and appetite suppressing hormones. Try jumping rope or powerwalking uphill.

WEIGHT REGAIN *(page 19)*

MODERATE RISK OF REBOUND WEIGHT GAIN
Eat small frequent meals and avoid very low calorie restriction diets because your body is likely to go into "starvation mode" and lower its metabolic rate.

APPETITE *(page 20)*

HIGH RISK OF OVEREATING
Wait at least 30 minutes before going for seconds because it takes longer for you to sense fullness.

IMPULSIVE EATING *(page 21)*

NORMAL RISK OF IMPULSIVE TENDENCIES AND ADDICTIVE BEHAVIORS
Genetics do not increase your risk; however, you are still susceptible to other factors including stress.

BITTER TASTE *(page 22)*

YOU TASTE BITTERNESS IN FOODS AND ALCOHOL MORE INTENSLEY
Use lemons, limes, herbs, and spices in place of salt and sugar to mask bitter flavors in healthy vegetables.

CHOLESTEROL *(page 23)*

LOWER YOUR LDL (BAD) CHOLESTEROL:
Eat more fish or fish oil and limit dairy, animal fats, and processed foods.
INCREASE YOUR HDL (GOOD) CHOLESTEROL:
Limit sugar, corn syrup, white bread, and other refined carbs.

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AEROBIC POTENTIAL

INCREASED ABILITY TO HANDLE METABOLIC STRESS

Aerobic Potential and VO2 MAX

As the intensity of your exercise increases so does oxygen consumption. The point at which oxygen consumption plateaus defines your VO2 max. This is your maximal aerobic capacity and is generally considered an individual's best indicator of cardiorespiratory endurance and aerobic fitness. It has been shown that certain genetic markers are linked to your maximal aerobic potential.

Maximize your potential with high-intensity interval training; be sure to incorporate whole body movements to receive the most benefits.

YOUR PERSONALIZED GUIDANCE

High-intensity interval training (HIIT) is an effective way to maximize your potential. Be sure to incorporate strength/resistance moves in addition to cardio to work the whole body. This will allow you to receive the maximum cardiovascular benefit.

Example:

H.I.I.T. for 20 Minutes

Three rounds of 45 seconds work and 15 seconds rest

- *Pushups*
- *Walking lunges*
- *Running in place*
- *Triceps dips*
- *Body squats*

BEGINNER: perform each exercise for 20 seconds, 15 seconds rest between exercises, do each set 1-2 times

INTERMEDIATE: perform each exercise for 30 seconds, 15 seconds rest between exercises, do each set 2-3 times

ADVANCED: perform each exercise for 45 seconds, 15 seconds rest between exercises, do each set 3 times

Keep track of your reps and try to beat your score each time!

THE GENES WE TESTED

The ***PPARGC1A*** gene codes for a protein that is linked to the ability of the muscles to respond to physical stimuli. This is accomplished by increasing the ability to handle oxidative stress thus increasing aerobic metabolism.

The ***PPARD*** gene affects the shift between lipid and glucose metabolism. When paired with wild type ***PPARGC1A*** CC genotype, ***PPARG*** has a strong correlation with elite level endurance athletes (odds ratio 8.2). With this genotype configuration, you are more likely to achieve your optimal endurance performance with less intense training-induced increases in maximal oxygen uptake and maximal workload.

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Achilles Tendinopathy

The Achilles tendon is the largest tendon in the body. It connects your calf muscle to your heel bone and is used when you flex your foot which occurs when you run, walk or jump. Achilles tendinopathy is caused by inflammation as a result of repeated micro-tears. Anyone who plays sports or puts tension on the Achilles tendon is at risk for tendinopathy, especially those with a high-arched foot. Overuse leads to pain, stiffness, swelling, and weakness in the tendon. As with most tendons, the Achilles tendon has a limited blood supply and injuries can take months to recover.

Adhere to your personalized guidance for the prevention of tendon and soft tissue injuries.

YOUR PERSONALIZED GUIDANCE

Replace your shoes before they are worn out. Good arch support and good quality footwear help distribute the stress on the Achilles tendon.

Warm up and stretch your calf and hamstring muscles before to training and throughout the day. Poor flexibility with tight or underdeveloped hamstrings places increased focal stress on the Achilles tendons.

Activities that place extra stress on the Achilles tendon and further raise your risk for tendinopathy include jumping as might occur in basketball, tennis and volleyball, running downhill or any training on hard or sloped surfaces.

In the event of injury or overstress on the Achilles tendon, treat the area with ice packs for 10-30 minutes.

THE GENE WE TESTED

The ***MMP3*** gene codes for a protein that is involved in degrading cartilage and similar tissues during wound repair. Variations of this gene impact one's risk of Achilles tendinopathy and may also play a role in other types of tendon and ligament injuries. If you inherited two copies of the (C) version, your risk for suffering from Achilles tendinopathy is 2-3 times higher compared to those with two copies of the (T) version.

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