

## ➤. ⚙️ SUMMARY OF RESULTS

This Nutrition & Fitness Genetics Report is your personalized owner's manual on how your body responds to diet and exercise based on your unique genetic profile. By following the recommendations found in this report, and working with your body instead of against it, you will better be able to maximize the results you see from your diet and lifestyle choices, helping you achieve the results you've always dreamed of.

### INFLAMMATION (page 22)



#### INCREASED

Eat cold water fatty fish, such as salmon, albacore tuna, and lake trout twice a week, consider an omega-3 supplement, and limit intake of sugar and fried foods.

## VITAMINS

### VITAMIN A (page 26)



Standard requirements – carotenoid levels may be slightly elevated

### VITAMIN D (page 29)



Slightly reduced levels expected in your body

### VITAMIN E (page 30)



Standard Requirements

### VITAMIN B6 (page 27)



Increased Requirements

### FOLATE (page 31)



Slightly increased requirements

### VITAMIN B12 (page 28)

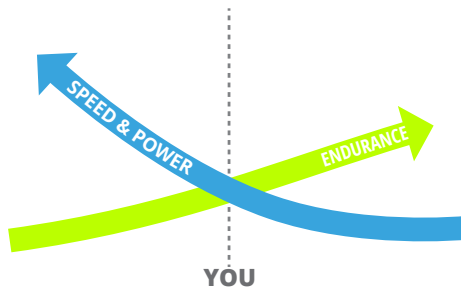


Standard Requirements



# SUMMARY OF RESULTS

## MUSCLE PERFORMANCE *(page 7)*



### MIXED POWER AND ENDURANCE

Mix it up by cross training and incorporate full body movements to maximize muscle performance .Try circuit training or boot camp style workouts.

## FAT LOSS WITH EXERCISE *(page 8)*



### LESS EFFICIENT

You will need to add burst of cardio to your strength training regimes. Try doing air squats or jumping rope between resistance sets.

## AEROBIC POTENTIAL *(page 9)*

### MEDIUM

Improve endurance and receive maximum cardiovascular benefits with high-intensity and long interval training.

## INJURY *(page 10)*

### MODERATE RISK OF INJURY

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

## RECOVERY *(page 11)*

### MEDIUM RECOVERY

Minimize muscle soreness by pre-conditioning, warming up, stretching and using a foam roller.

## BODY WEIGHT *(page 16)*

### 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 17)*

### 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 18)*

### MODERATE RISK OF OVEREATING

Wait at least 20 minutes before going for seconds, because it takes longer for you to sense fullness.

## IMPULSIVE EATING *(page 19)*

### INCREASED RISK OF IMPULSIVE TENDENCIES AND ADDICTIVE BEHAVIORS

Do not eat under stress and avoid indulging in "comfort foods" when you are alone.

## BITTER TASTE *(page 20)*

### MODERATELY TOLERANT OF BITTERNESS IN FOODS AND ALCOHOL

Use lemons, limes, herbs and spices in place of salt and sugar to mask bitter flavors in healthy vegetables.

## CHOLESTEROL *(page 21)*

### LOWER YOUR LDL (BAD) CHOLESTEROL

Eat more fish or fish oil and limit dairy, animal fats and processed foods.

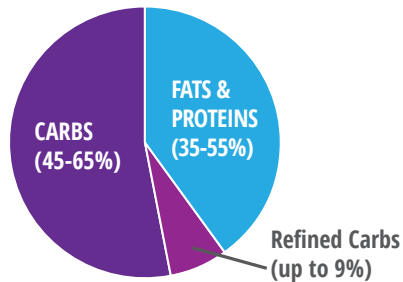
### INCREASE YOUR HDL (GOOD) CHOLESTEROL:

Limit sugar, corn syrup, white bread and other refined carbs.



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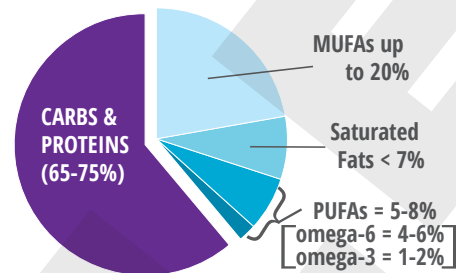
### DIETARY CARBOHYDRATES *(page 12)*



#### MEDIUM SENSITIVITY

Limit sugar and refined carbs. Eat more foods with a low glycemic index (GI) to achieve your glycemic load target.

### DIETARY FATS *(page 14)*



#### MEDIUM SENSITIVITY

Limit cheese, animal fats and butter; eat more avocados, nuts, nut butters and olive oil.

### LACTOSE *(page 24)*

#### LACTOSE TOLERANT

You should be able to enjoy dairy without discomfort.

### CAFFEINE *(page 23)*

#### INCREASED SENSITIVITY

Consuming more than 200 mg (2 cups of coffee) per day may cause increased heart rate, restlessness and sleep problems.

### ALCOHOL *(page 25)*

#### INCREASED RISK OF ALCOHOL FLUSH

Even small amounts of alcohol are likely to cause facial flushing, nervousness, increased heart rate and blood pressure.