



Gx slim™ Personal Report

Prepared for: **Sally Sample**



Welcome to Your GxSlim Personal Report

GxSlim Personal Report

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Congratulations!

You are about to receive insights about your body that, up until now, have never been available. The science of the human body only recently evolved enough to allow scientists to identify and analyze a person's DNA. Your report not only provides you with a road map of your specific genes, but gives direction on how you can potentially optimize your health and well-being with this knowledge.

We spend a lifetime trying to learn more about ourselves, especially how our body works and how our health is affected by our habits and behaviors. Traditionally, we have learned what works and what doesn't through trial and error. *But experience alone doesn't always give us the information we need. Your report will help you to better understand the factors that can affect how your body ticks.*

This report will provide you with results in 4 key areas that can affect the way your body looks and feels. Your report includes an analysis of your genotype for certain key genes that are related to weight management, nutrition and exercise.

What is Genetic Testing?

Genetic testing utilizes a physical specimen from the body (saliva, blood, or other tissues) to reveal information about a person's chromosomes or their genes. In addition to identifying key genes, information is evaluated about areas on each gene that may differ between people. These areas are known as single nucleotide polymorphisms (SNPs). We use the term genotype to describe the outcome of your individual genetic tests.

Which Body Traits Were Analyzed?

To produce your results we look at genes that are related to four major categories: *Weight Loss Tendency, Macronutrients in the Diet, Micronutrients in the Diet and Response to Exercise*. Some of the results are directly related to weight loss efforts from diet and exercise. Other results are relevant because they can affect how you feel and how your body functions optimally. This can affect your performance and your efforts to manage your body weight.

How Are Your Results Determined?

We provide a genetic analysis that indicates which gene combinations you have in each category. You will receive a rating based on our calculated score for each trait in a category. Some categories only have one gene associated with that trait; other categories have several genes associated with that trait. Our calculated score reflects the potential combined influences from one or more genes.

We also provide personalized health tips based on the potential implications of these results. In most cases, the outcomes for a genotype are a response to a specific diet or exercise prescription. For example, many of the results are based on looking at study subjects' response to an exercise program where participants did cardio exercise on only three days per week for a certain amount of time each session. Participants may have differed in their response to this regimen based on their genetics. Some may have had better weight or fat loss results than others. If your results suggest a more unfavorable response, be careful of assuming that this suggests that you cannot lose weight from exercise or from a certain diet. You may simply need a slightly different approach to get more favorable results. In some cases, it is unclear exactly what the ideal approach might be. But we have evaluated your potential genetic response and provided suggestions on how to enhance it based on evidence-based dietary and exercise research recommendations, as well as the experience of our medical team.

Your report uses the best available research on which to base your results. We have established stringent criteria for studies that can be used to help us evaluate the potential impact of your genotype for each gene tested. There are many studies that include genetic analyses, but for a variety of reasons, not all of them are reliable or valid. In determining how to process your genetic analysis, we do not accept just any research that has been performed on a gene. We use the largest and most scientifically valid genome-wide association studies to calculate a score for the different genes or gene combinations. It's important to keep updating the analyses as the science evolves. Your report maintains a continually updated research database, and our analyses are modified as new and better research becomes available. There is still much to learn in the field of genetic analysis. We chose the best available research upon which to base our analysis and recommendations.

Why Is Your Genotype Important?

Your genotype reveals the blueprint for your body. The ratings we provide reflect your genotypes for each gene or set of genes. This shows you your potential response, based on your genetic analysis, to different aspects of body weight management (e.g., how you might be affected by different types of diets and regular exercise.) Keep in mind that if your results show the presence of certain genotypes and your result suggest that you will exhibit either an “enhanced” or “below average” response, for example, this does not mean that the outcome associated with that genotype is definitely how your body will or does react.

Your phenotype is the physical manifestation, or expression, of your genotype. But your phenotype may be different than your genotype—not all the genetic variations seen in an analysis are manifested. That's because **how the genes that you have are expressed is largely affected by your lifestyle and other environmental factors**. While your analysis might show that you have an increased or decreased potential for a certain health trait, it does not mean that you will, in fact, express that trait. Your phenotype for the trait may be different than the genotype the analysis shows.

This is very important to keep in mind because there is a tendency to view genotype results as a definitive diagnosis and to assume that you absolutely have certain traits, when this is not what a genetic analysis measures. The analysis only measures your risk for different outcomes, or the likelihood that your phenotype will express what your genotype predicts. Your results only suggest that there is a greater or lesser chance that you may exhibit certain traits or responses. The fields of nutrigenomics and exercise genomics are new, but growing, areas of research. Much still needs to be known to understand about genes and their interactions with each other, and the role in which other influences such as diet, exercise and the environment play in whether you will express a trait associated with a certain genotype.

That said, results from a genetic analysis may provide insights into how your body might perform optimally. If you have a certain genotype for a specific trait, knowing how it might affect you and adjusting your behaviors to maximize this information could make a difference in getting better results from lifestyle changes such as diet and exercise. We provide personalized suggestions that may help you achieve the best results from your weight management efforts. Our team considers the results of your genetic analysis, along with an analysis of personal factors that you report which may also influence your body weight, as well as evidence-based guidelines that suggest the most effective strategies for weight management. All of this information combined is used to determine which lifestyle behavioral changes may be most helpful to you.

What You'll Learn About Your Body

On the following pages, you will see a summary of your results. You'll learn what your genotypes suggest about your tendency to lose weight and body fat in response to different types of diets and exercise programs. You will also gain insights into your potential status for a variety of micronutrients, as well as the likely health effects you may experience from regular exercise. Your analyzed genotype results are followed by a detailed explanation and success strategy. Our medical team has evaluated your potential response and taken in to account what evidence-based research recommendations on diet and exercise suggest are the optimal approach for effective body weight management to provide you with concrete success strategies. This guidance may give you that extra edge in finding the right plan that helps you maximize the results you get from dieting and exercise. While we can't change our genes, we can change our behaviors to take advantage of what our genes say about our bodies.

REPORT SUMMARY



WEIGHT LOSS



FOOD



FOOD SENSITIVITY



NUTRIENTS



EXERCISE

REPORT SUMMARY



WEIGHT LOSS

Metabolism	NORMAL	LEPR, CHRNA3, CRY21
Weight Loss Tendency	BELOW AVERAGE	FTO, TCF7L2, MTNR1B, PPARG, BDNF, ABCB11
Weight Regain	NORMAL	FTO, PPARG, BDNF, NEGR1, TMEM18, KTCD15, GNPDA2
Satiety	WELL BELOW AVERAGE	FTO



FOOD

Protein Utilization	ENHANCED	FTO
Fat Utilization	NORMAL	PPARG, TCF7L2, APOA5, CRY2, MTNR1B, PPM1K
Carb Utilization	NORMAL	IRS1



FOOD SENSITIVITY

Sweets Preference	NORMAL	FGF21, SLCA2
Caffeine Metabolism	SLOW	AHR, RP11-10017.3-001, ARID3B, CYP1A1
Bitterness Sensitivity	LIKELY	TAS2R38



NUTRIENTS

Vitamin A Tendency	BELOW AVERAGE	BCM01
Vitamin B6 Tendency	BELOW AVERAGE	NBPF3
Vitamin B9 – Folate Tendency	LOW	MTHFR
Vitamin B12 Tendency	NORMAL	FUT2
Vitamin C Tendency	NORMAL	SLC23A1
Vitamin D Tendency	LOW	GC, NADSYN1, CYP2R1



EXERCISE

Fat Loss Response To Cardio	ENHANCED	ADRB2, LPL
Fitness Response To Cardio	BELOW AVERAGE	AMPD1, APOE

REPORT SUMMARY

Body Composition Response To Strength Training	ENHANCED	NRXN3, GNPDA2, LRRN6C, PRKD1, GPRC5B, SLC39A8, FTO, FLJ35779, MAP2K5, QPCTL-GIPR, NEGR1, LRP1B, MTCH2, MTIF3, RPL27A, EC16B, FAIM2, FANCL, ETV5, TFAP2B
Hdl Response To Cardio	ENHANCED	APOE
Insulin Sensitivity Response To Cardio	NORMAL	LIPC
Glucose Response To Cardio	NORMAL	PPARG

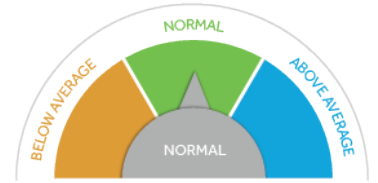


WEIGHT LOSS

METABOLISM

WHAT YOUR GENES SAY ABOUT YOU:

Our analysis indicates that your genetic profile exhibits characteristics that make you likely to have a **NORMAL** RMR and have average responsiveness to diet and exercise in terms of burning fat. You are likely to burn an average number of calories per day outside of physical activity and your resting metabolism may change favorably in response to diet and exercise. That's good news, as RMR accounts for the majority of your calorie burn. You may still want to deliberately expend more energy in your daily life to push your total calorie burn above average and to boost your resting metabolism even further to assist with weight loss.



Your genetic profile indicates you are likely to have a **NORMAL** RMR and to have an average level of metabolic responsiveness to diet and exercise in terms of burning fat

You may burn about the same number of calories at rest as most of your peers and be equally able to raise your resting metabolism

RELATED GENES / SNPs

LEPR, CHRNA3, CRY21

The genes and associated SNPs included in this category have been shown to have significant associations with a person's resting metabolic rate (RMR) and how responsive their metabolism is to diet and exercise in terms of burning fat.

Your metabolism comprises all the chemical reactions that act as your body's engine, turning the food you eat into energy to maintain all the bodily functions you need to stay alive. We measure metabolism in terms of calories burned. RMR is the number of calories you burn when doing nothing more strenuous than sitting and watching your favorite shows.

RMR accounts for about 70% of daily calorie burn in sedentary people. It's influenced by your age, body size and composition, and

SUCCESS STRATEGIES

Metabolism is not just one "thing," but the combination of many processes that your body performs to use the food you eat and the fuel you store to keep you living and breathing and functioning. Your resting metabolic rate (RMR) is how much energy you use (i.e., calories you burn) at rest.

A high resting metabolism is a coveted quality when it comes to weight loss because it allows you to take a little more leeway in your dietary habits without weight gain consequences. As someone who has a genotype that predisposes you for an average resting metabolism, you likely won't be affected by the occasional indulgence, but will still need to stay on track with your healthy diet, exercise, and lifestyle habits to accomplish your weight loss goals. You may also benefit from taking extra measures to further bump up your RMR in order to make weight loss easier. The following steps will help accomplish those goals.



WEIGHT LOSS

METABOLISM

Know your numbers. The only way to really know your RMR is to have it tested in a special laboratory. But you can use a formula to get a ballpark estimate of your **basal metabolic rate** or BMR, which is your absolute resting metabolism taken in a dark room upon waking and after fasting. This is a good starting point for understanding your daily resting calorie burn.

Start by using following formula*:

Men	$BMR = 88.362 + (13.397 \times \text{weight in kg}) + (4.799 \times \text{height in cm}) - (5.677 \times \text{age in years})$
Women	$BMR = 447.593 + (9.247 \times \text{weight in kg}) + (3.098 \times \text{height in cm}) - (4.330 \times \text{age in years})$

* The Harris-Benedict equations revised by Roza and Shizgal in 1984.

Remember, that number represents the calories your body expends for general functioning. You can estimate how many calories you actually burn in a given day by figuring in your activity level.

Little to no exercise	BMR x 1.2
Light exercise (1–3 days per week)	BMR x 1.375
Moderate exercise (3–5 days per week)	BMR x 1.55
Heavy exercise (6–7 days per week)	BMR x 1.725
Very heavy exercise (twice per day, extra heavy workouts)	BMR x 1.9

Get up and move once an hour. Nearly everyone sits too much in our highly automated, computer driven world, and sitting is disastrous for your metabolism regardless of your genotype. When you sit a couple of hours without moving, your body starts to go into energy conservation mode, literally shutting down metabolic functions that keep you healthy. You also store more fat when you're sitting, as opposed to being on your feet. The best way to combat metabolic "sitting disease" is to get up regularly. A study published in the *International Journal of Behavioral Nutrition and Physical Activity* found that people who took six five-minute walks throughout the day—at the top of each hour in this particular study—enjoyed more energy, particularly late in the day, fewer food cravings, and less fatigue than their peers who were sedentary or who took a 30 minute walk in the morning and then sat all day.

gender. As you may have suspected, it's also influenced by your genes, which, depending on your diet, exercise, and lifestyle, can be triggered to influence metabolic factors that ultimately raise or lower your RMR.

In one study of 678 men and women, Canadian researchers found that volunteers with certain genotypes burned about 100 more calories (the amount in about 2 cookies) a day than their peers of different genotypes.

Your genes also can influence how your RMR responds when you diet and/or lose weight. In a large study of 722 overweight adults who were randomly assigned to one of four weight loss diets for two years, researchers found that certain genotypes experienced a 2% increase in RMR, so burned more calories throughout the day, following the intervention.

Your specific genotype also can have an impact on how many calories you burn overnight. One genome-wide association study of 815 children found that certain genetic variants were linked to a 5% to 6% difference in energy burned during sleep.

Our analysis investigated which genotype for these genes was present in your DNA. Your rating of **BELOW AVERAGE**, **NORMAL**, or **ABOVE AVERAGE** reflects whether your genotypes included those that carried the likelihood of having a higher RMR and having a metabolism that is responsive to diet and exercise in terms of burning fat.



METABOLISM

Also consider using a standing desk if your job is particularly sedentary. While standing rather than sitting doesn't burn many additional calories—research finds that people who use a standing desk burned only 8 more calories an hour than when they worked sitting down—studies suggest that standing throughout the day is still better for blood sugar control and metabolic health.

Get your recommended dose of exercise, including some intensity. RMR is one part of your metabolism. The energy you use during activity is another—and one you can use to your weight loss advantage. Aim for at least the minimum recommended 30 minutes a day of aerobic activity, which Duke researchers have found burns fat best. Also include some short harder efforts, like sprints during studio cycling classes, which fire up your metabolism and keep it fired up longer than more moderate exercise.

Build your fat-burning engine. Pound for pound, muscle tissue uses three times as much energy as fat tissue to sustain itself. That makes it a major driver of your metabolism. As you age, muscle decreases and fat increases, both of which dampen your metabolism. If left unchecked, you can expect to lose as much as 5% of your muscle mass per decade after age 30, according to Harvard Health. The solution is strength training. Practice progressive resistance training (where you make your workouts harder by lifting heavier weights or more sets and reps as you get stronger) two to three days a week. And it's never too late to see benefits. One meta analysis of 49 studies, representing 1,328 adults over the age of 50 found that the average exerciser was able to add 2.4 pounds of metabolism-raising lean body tissue through strength training. Research shows that resistance training also helps you maintain the muscle tissue you want while losing the fat you don't when you're dieting.

Fuel the fire. To keep your metabolism humming, you must eat, not starve yourself. Your body burns calories when you eat: it's called the thermic effect of feeding, which accounts for about 10% of your daily energy expenditure. Also, when you reduce your food intake too severely your body goes into starvation mode and slows down your metabolism to conserve energy. Eating regular meals and occasional healthy snacks prevents this.

Prioritize your protein. Protein burns twice as many calories during digestion as fat or carbohydrates. Increasing your protein also helps change weight-regulating hormones such as GLP-1, peptide YY, cholecystokinin, and ghrelin in your favor, so you feel satisfied longer and have fewer cravings. The Recommended Daily Allowance for protein is 0.8 grams per kilogram (1 pound = 2.2 kg) of body weight. To maintain your metabolism and lose weight Duke Diet and Fitness recommends doubling this amount.

Quell runaway stress. Ohio State University researchers found that women who were dealing with stressful work or family situations before eating a high-fat meal burned 104 fewer calories afterwards than their non-stressed peers. They also had higher insulin levels, which encourages fat storage, and lower fat burning. Chronic stress can hinder even an otherwise healthy metabolism and add up to 11 extra pounds a year, according to the researchers' estimates. Try yoga (you'll also get exercise) or another form of relaxation to quell stress.

Sleep well. Your metabolism goes into hibernation when you deprive it of sleep. Regularly shortchanging your sleep (especially if you get less than 6 hours a night) wreaks havoc on your energy storage and appetite-controlling hormones, leaving you hungrier and more likely to store rather than burn the calories you eat. Aim for a metabolically healthy 7 to 9 hours of shut eye a night, as recommended by The Sleep Foundation.

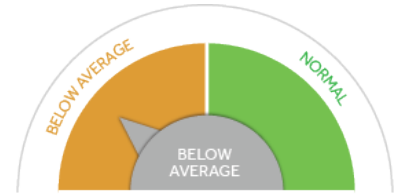


WEIGHT LOSS

WEIGHT LOSS TENDENCY

WHAT YOUR GENES SAY ABOUT YOU:

Our analysis indicates that your genetic profile is rated **BELOW AVERAGE** for Weight Loss Tendency. This means that, compared to someone else with a more favorable genotype, you might lose less weight than someone else with a different genotype when you make lifestyle changes by cutting calories in your diet and by burning extra calories when you exercise. This result also suggests that you may be at a slightly higher risk of later regaining the weight you lose compared to someone else with a more favorable genotype.



Your genetic profile indicates that your weight loss tendency is **BELOW AVERAGE**.

This does not mean that you cannot lose weight for a diet and exercise program. It just means that, compared to other people with a different genotype, you may lose slightly less weight or body fat than those with a more favorable genotype who are following a similar program.



Does this result mean that you cannot lose weight? Absolutely not! Remember that these results only indicate your potential based on genetic factors, but many other factors also affect the outcome. Even if you have the genotypes that may decrease your tendency to lose weight, whether those genes are expressed or not depends upon diet, exercise and environmental influences. However, your results do suggest that it may be a good idea to employ strategies that will maximize your results.

SUCCESS STRATEGIES

Fat loss comes from reducing the number and types of calories you eat and increasing the number of calories that you burn from exercise. The most powerful—and permanent—weight loss comes when you do both. Choose a plan that is most likely to work for you. Following the suggestions from the genetic analysis of your Food and Exercise genes can help you

RELATED GENES / SNPs

FTO, TCF7L2, MTNR1B, PPARG, BDNF, ABCB1, PPARG

The genes and their associated SNPs that are included in this category have all been shown in scientifically sound studies to have statistically significant associations with a person's tendency to lose weight and keep it off. Several large studies have shown that people who participated in intensive and long-term diet and exercise programs exhibited significantly different weight loss responses based upon their genetic profile. Those people who carried the most 'unfavorable' pairs of these 7 genes lost weight with the diet and exercise program—but, on average, they tended to lose less weight compared to other participants who had fewer, or who did not carry the 'unfavorable' genotypes. Also, after completing the diet and exercise program, people with more of the 'unfavorable' genes were, on average, also likely to regain some



WEIGHT LOSS

WEIGHT LOSS TENDENCY

Identify foods and a fitness plan that may make it easier to lose weight. Different approaches work for different people. Here are some diet and exercise tips that may be helpful.

TIPS FOR EFFECTIVE DIETING:

- Choose a plan that you will enjoy and that you will be able to stick to. It should include foods that taste good to you and an approach that fits with your lifestyle.
- Pay attention to influences that make it hard for you to choose the right foods or stick to a diet. For example, if you travel frequently and find it hard to eat well on the road, identify foods you can carry with you and the healthiest fast-food choices you might need to rely on.
- Identify reasons why you didn't stick to past diets. Develop back-up plans so that you aren't derailed from your diet if the same, or similar, circumstances arise again. For example, if you know that you will eat an entire bag of chips or package of cookies if you keep them at home, then take them off your shopping list. But give yourself a back-up snack that you can go to when you are having an I-Need-A-Cookie moment. It might be a nutritious nut energy bar, or simply some fresh blueberries

TIPS TO GET THE GREATEST EXERCISE CALORIE BURN

- If you are trying to burn more calories through exercise, favor the kind of exercise that burns the most calories in the amount of time that you spend exercising. This tends to be cardio workouts like walking, running, cycling, swimming, aerobics, dancing and any of the cardio machines. You can also get a sizable calorie burn from a fast-paced, boot camp-style or circuit training with weights workout. Slower-paced workouts like yoga and Pilates do not burn as many calories, so if you are doing these types of workout on most days of the week, focus on doing more cardio workouts instead.
- Exercise intensity is key for most people: the harder you work during both cardio and muscle conditioning exercise, the more calories you can burn, and the fitter your muscles and heart will become. But if you are a new exerciser, or if you are trying a new type of workout, you'll need to start easy and, over time, work up to workouts that last longer and feel harder. Start with 10-20 minute walking sessions if you need to, and over weeks add more time to the sessions and work at a harder intensity. When lifting weights, start with light weights and as you learn correct form/biomechanics of the exercise, increase resistance, with the goal of using enough resistance that the last 2-3 repetitions of 15-20 reps are challenging.
- For the most effective results, you'll need to burn enough calories to affect your body weight: aim to get in a minimum of 150 minutes and up to 300 minutes per week—or more—of moderate-to-vigorous cardio exercise (e.g., jogging, walking, swimming, etc.). Ideally, you should incorporate some cardio every day, at least 5 days per week.

of the weight that they had lost. Keep in mind, however, that great individual variation is seen in research studies like these.

The stated results are an average of all those within a group, but there can still be differences even among those with the same genotype.

Our analysis investigated which genotype for each of these 7 genes was present in your DNA. Your rating of either **NORMAL** or **BELOW AVERAGE** reflects whether your genotypes included those that carried a risk of reduced weight loss tendency.



WEIGHT LOSS

WEIGHT LOSS TENDENCY

- Weight-training should be a part of your diet and exercise routine. Not only can weight training help you to become stronger, when you lift weights you can prevent or minimize the loss of muscle that occurs with dieting alone. You only need to lift weights 2 or more days per week, with a rest day in between. Sessions can be short: 20-40 minutes, as long as you target all your major muscle groups in the upper and lower body. Make sure that the resistance exercise you do challenges your muscles appropriately. Yoga and Pilates are good for flexibility, balance, muscle endurance, and for building minimal levels of strength. But you are more likely to build and preserve the muscle that you may lose with dieting with a progressive weight-training program.
- Reduce your sitting time! While standing more or moving around throughout the day is not considered 'exercise', the physical activity does add up and can help you burn more calories all day.

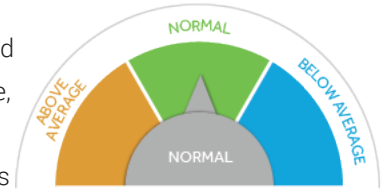


WEIGHT LOSS

WEIGHT REGAIN

WHAT YOUR GENES SAY ABOUT YOU:

Our analysis indicates that your genetic profile exhibits characteristics that make you likely to have a **NORMAL** likelihood of regaining weight following a weight loss intervention. That's not bad news, but it's not necessarily good news, either, given that some reports indicate that, on average, about 80 percent of people regain lost weight and that genetics play a role. That does not mean you are destined to regain your weight, of course. Your genotype is just one of a myriad of factors that influence weight regain. By implementing smart diet, exercise, and lifestyle maintenance strategies, you can help prevent pounds from creeping back on after you've reached your weight loss goal.



Your genetic profile indicates you are likely to have a **NORMAL** likelihood of regaining weight after losing weight through a lifestyle intervention.



In this case, average is not the best scenario, because most people regain pounds following weight loss. You will need to practice weight maintenance behaviors to prevent weight regain.

RELATED GENES / SNPs

FTO, PPARG, BDNF, NEGR1, TMEM18, KTC15, GNPDA2

The genes and associated SNPs included in this category have been shown to have significant associations with a person's likelihood to regain weight after lifestyle induced weight loss.

Losing weight is a two-part process. First there's the hard work and dedication to drop the unwanted pounds; then there's what can sometimes be the even harder work and dedication to keep those pounds from coming back. Research shows that approximately 80 percent of people who lose weight will go on to regain it—a phenomenon scientists have been working hard to understand.

What's clear is that the regain isn't due to one singular factor, but rather a confluence of factors. People often slip back into old

SUCCESS STRATEGIES

Weight loss is hard work. Maintaining that loss is a lifetime job. That can be difficult news to swallow at first, but the fact is that the vast majority of people who lose a substantial amount of weight will go on to regain most, if not all of it in the following years. Genetics play a role. As someone whose genotype gives you an average likelihood of regaining weight, you'll need to take diet, exercise, and lifestyle steps to make sure your hard earned weight loss sticks. But don't get discouraged. Surveys find that if you can keep the weight off two to five years, your odds of keeping it off become much higher. The following strategies will help.

Embrace the "new normal." We often get into the mindset that we need to work hard to lose weight, and then once the unwanted pounds are off, we can get back to "normal." However, it's important to remember that much of



WEIGHT LOSS

WEIGHT REGAIN

what was “normal” is what resulted in the weight gain to begin with. To maintain lost weight, you need to adjust your mindset to embrace the “new normal.” That means maintaining the eating, exercising, and lifestyle habits that allowed you to lose weight. That doesn’t mean you have to shun special treats for the rest of your life, but it does mean remembering that the new, lighter you is someone who watches portion sizes, eats healthfully most of the time, exercises regularly, and follows the same routines that got you to your weight loss goal.

Make physical activity a daily priority. Exercise is essential for weight maintenance. Based on a growing body of research, the American College of Sports Medicine recommends at least 200 to 300 minutes—about 30 to 45 minutes a day—of exercise a week to prevent regain after losing weight. In one weight loss review, researchers found that members of The National Weight Control Registry who had lost an average of more than 70 pounds and kept it off for more than five years exercised about an hour a day.

Regular exercise doesn’t just burn calories, but also appears to help your body adjust your appetite according to your new lower body weight. One study found that physical activity appears to make your body more sensitive to leptin, a hormone that helps regulate your body’s energy balance by blunting hunger, so you don’t have the urge to eat more than you need.

Tame your appetite. A groundbreaking study published in the journal *Obesity* confirmed what frustrated dieters have long suspected: weight loss makes you hungry—like really hungry. The study, which analyzed the relationship between weight loss and energy intake, found that weight loss leads to a proportional increase in appetite. Specifically, people ate an additional 100 calories for every two pounds they lost. Exercise helps control your appetite. Smart food choices will also help reduce hunger.

Aim to include fiber-rich veggies in every meal; drink plenty of water throughout the day, opt for complex carbs and healthy fats, and pump up your protein intake. Protein helps tame hunger by increasing hormones that help boost satiety and by reducing hormones that increase hunger, so it’s easier to keep your food intake in check.

Manage stress. They don’t call it “stress eating” for nothing. Uncontrolled stress increases levels of the fight or flight hormone cortisol, which has been linked to increased appetite, impulsive and binge eating, as well as increased belly fat. Practice daily stress management techniques like mindfulness, meditation, or yoga. Exercise also helps relieve stress.

eating habits and let their exercise routines slide. Your metabolism may slow following a significant weight loss, making it harder to keep pounds off. **Your appetite may increase as your body tries to find homeostasis.**

Research shows that your genes also play a significant role in weight regain. In one study of 3,234 overweight or obese adults where participants followed an exercise, medication, and/or lifestyle plan to lose 7% of their body weight, researchers identified three SNPs that were associated with weight regain, regardless of the weight loss method used. The researchers concluded that genetic screening could help identify people who require additional support to maintain weight loss after a treatment intervention.

Another large-scale study on nearly 3,900 overweight or obese adults identified SNPs associated with the FTO gene that were strongly related to weight regain. In fact, among those who had successfully lost weight after one year, those with specific risk alleles (variant forms of a gene) for the FTO gene regained about 3 pounds for every risk allele they carried at the four-year follow-up.

Our analysis investigated which genotype for these genes was present in your DNA. Your rating of **BELOW AVERAGE**, **NORMAL**, or **ABOVE AVERAGE** reflects whether your genotypes included those that carried the likelihood of regaining weight.



WEIGHT LOSS

WEIGHT REGAIN

Make muscle. Strength training helps you maintain metabolism-revving muscle while you lose fat. It also helps you keep the weight off by keeping your metabolism humming along. Surveys show that weight lifting is also one of the habits of successful long-term weight loss maintainers. Lift two to three times a week, targeting all your major muscles, to help fend off weight regain.

Stay on the scale. You may not love it, but the bathroom scale is one of your strongest allies for maintaining weight loss. Successful maintainers weigh themselves regularly to keep themselves accountable and prevent pounds from slowly slipping back on. It's one of the top habits of "successful losers" in The National Weight Control Registry. One study found that people who weighed in daily ate nearly 350 fewer calories a day, likely because the weigh in made them more mindful of their behaviors the rest of the day, than those who stepped on the scale less frequently. Weigh yourself at least weekly, more frequently if you feel you need extra accountability to keep yourself on the right track.

Be consistent. It's normal to want to cut loose and splurge on the weekend, but Saturday night nachos can roll into Sunday morning all-you-can-eat brunch and before you know it, you've slipped back into old habits and derailed your hard earned progress. The National Weight Control Registry reports that eating consistently across weekdays and weekends is one of the top habits of highly successful weight loss maintainers. Consistency can be difficult at first, but once you cement your healthy habits, it will become second nature.

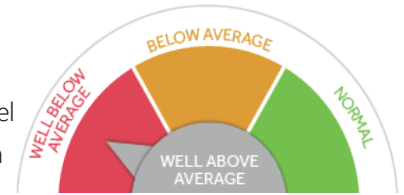


WEIGHT LOSS

SATIETY

WHAT YOUR GENES SAY ABOUT YOU:

Our analysis indicates that your genetic profile exhibits characteristics that make you likely to have a **WELL BELOW AVERAGE** satiety response and a significantly increased likelihood of experiencing food cravings. That means your hunger and appetite-regulating hormones ghrelin and leptin may be dysfunctional and not respond appropriately after you eat and you may not feel full and satisfied following a meal. You also are much more likely to have food cravings. This can make it challenging to maintain healthy portion sizes, resist second helpings, and to avoid the temptation to snack during the day, all of which can make it tough to reach your weight loss goals. You may need to adjust your diet and your eating behaviors to improve your satiety and counteract the effects of your genotype.



Your genetic profile indicates you are likely to have a **WELL BELOW AVERAGE** satiety response and a significantly increased likelihood of food cravings.

This makes it hard to watch your portion sizes and keep snacking in check. You should take extra steps to improve your satiety and keep hunger and food cravings at bay.

All your life you've likely had people tell you that if you want to lose weight you should just eat when you're hungry and stop when you're full, maybe even before you are completely full. That feeling of fullness that suppresses hunger after a meal is called satiety. We now know that not everyone experiences it the same way and that it is largely influenced by your genes.

Your genotype makes it likely that you will not have a normal feeling of fullness after a meal and you are highly likely to experience food cravings outside of meals and planned snacks. This can make it very difficult to stick to a nutrition plan and lose weight. You can counteract the effects of your genotype by taking extra dietary and behavior measures to improve your satiety and quell cravings.

RELATED GENES / SNPs

FTO

The gene and its associated SNPs included in this category have been shown to have significant associations with a person's satiety, or how likely you are to have difficulty feeling "full" even after eating a meal, as well as how vulnerable you are to having food cravings.

Satiety is triggered by the expansion of your stomach and your "hunger hormones," including leptin, which decreases appetite (also sometimes called the satiety hormone) and ghrelin, which increases it, that are released during digestion and absorption of the food and beverages you take in. All these signals come together in the brain, which then tells you you've had enough to eat.

How well your body produces and responds to satiety signals is also determined by your genes. A number of genes, of which FTO



WEIGHT LOSS

SATIETY

SUCCESS STRATEGIES

Pump up the protein. Even modest increases in protein can improve your satiety, as it takes longer to digest than other macronutrients and it may help suppress ghrelin after you eat. Aim to include protein in every meal and snack.

Fill up on fiber. Dietary fiber is good for your heart health and it may also help improve satiety by keeping you full longer. Recent animal research suggests that fiber also may act on your brain to suppress appetite. Make it a goal to eat between 25 and 30 grams of fiber a day.

Eat more high volume, low calorie foods. If it takes more food to fill you up, fill up on food that is high in nutrition, but low in calories like vegetables and fruits. Filling half your plate with these plant foods will help you feel more satisfied with fewer calories.

Choose your drinks wisely. You might want to skip that pre-dinner cocktail. Alcohol lowers your inhibitions and can act as an appetite stimulant, making it likely that you'll eat more than planned (as well as adds empty calories to your daily intake). Also limit sugary beverages, which are high in calories and less satiating than solid foods

Eat more slowly. There's science behind the old advice to chew your food thoroughly and take at least 20 minutes to eat a meal if you want to feel full and stay satisfied longer. One study found that people who took 30 minutes to eat a meal felt significantly more full and less hungry than those who chowed down in five minutes.

Practice mindful eating. Turn off the TV or computer, put down the phone, and tune into your food instead. Research shows that people who pay attention to what they are eating are more likely to feel fuller and have less desire to keep eating than those who consume food while they are distracted with something else. Paying attention to your meals may also increase your enjoyment of them.

is most prominent, help regulate satiety. Numerous studies have linked SNPs in the FTO gene with higher food intake, decreased satiety response, and dysfunctional appetite regulation.

Specifically, research shows that people with one copy of the A allele for this gene have a higher chance of feeling less satiated, having higher ghrelin and lower leptin levels, and having food cravings. Those born with two copies of the A allele have even greater odds of having low satiety and increased cravings.

Unsurprisingly, there's a strong correlation between satiety and weight, and the impact starts early. One study of 2,258 children found that their satiety responsiveness was strongly linked to both BMI and waist circumference. Low satiety is an important avenue through which your genetic predisposition can lead to weight gain and make it harder to lose weight, especially in today's world, where food is everywhere you look.

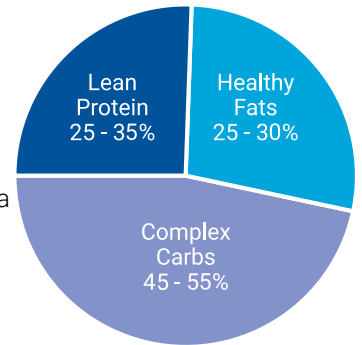
Our analysis investigated which genotype for FTO was present in your DNA. Your rating of **NORMAL**, **BELOW AVERAGE**, or **WELL BELOW AVERAGE** reflects whether your genotype included those that carried the likelihood of having low satiety and increased food cravings.



SUMMARY

What foods do you need to eat?

Your genotype suggests that you may have a better response to a weight-loss diet if daily calories come from the following proportions of fat, carbohydrates, and protein. You can monitor this with a diet log.



Based on your gender, age, height, current weight and current activity level, we recommend a diet of approximately **1,407 calories per day** to lose weight. This number was calculated estimating your total energy expenditure, or the number of calories your body needs each day. Since you are interested in losing weight, you will need to eat fewer calories than your total energy expenditure. We suggest a modest calorie reduction of 20 percent. We have calculated this reduction into our calorie recommendation for you, so if you eat around 1,407 calories per day, you can expect to lose weight. This is not a drastic calorie reduction, so you should not feel hungry or like you are denying yourself food if you eat this many calories.

The amount of exercise you get can change your energy requirements. Therefore, you may need to eat more calories than this is if you are performing 45 minutes or more of moderate-to-high intensity cardio exercise on a daily basis.

RECOMMENDATION	PERCENT	GRAMS	CALORIES
PROTEIN Choose a reduced-calorie diet that is between 25-35% protein. Get your protein from lean meats and plant food sources such as beans, legumes, nuts, seeds, whole grains and vegetables.	25% to 35%	88g to 123g	352 to 492
FAT Choose either a low- or moderate-fat, reduced-calorie diet. Get your fats mostly from plant foods, but avoid excess added oils.	25% to 30%	39g to 47g	352 to 422
CARBOHYDRATES You can lose weight on a reduced calorie diet that is either moderate or low in carbs. Choose complex carbs for more nutrients (veggies, beans, whole grains, etc.) and avoid simple or processed carbs (fries, chips, crackers, etc.).	45% to 55%	158g to 193g	633 to 774

The total number of calories or grams of each macronutrient shown represent a recommended amount to consume each day.

It's tough to keep track of this simply by reading food labels. That's because most foods contain a combination of the macronutrients. A food item usually contains either protein and fat (such as meat), carbohydrates and fat (such as oil-sauteed vegetables or French fries), or protein, carbohydrates and fat (beans, nuts and seeds, a chicken salad or a hamburger with a bun).

It's not easy to know how much of any one macronutrient you are getting or if you are achieving your macronutrient goals simply



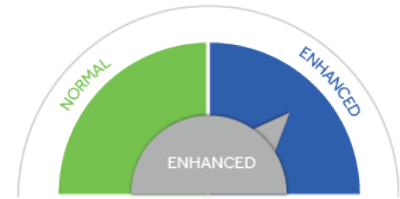
SUMMARY

by looking up the content of one food item. To determine your percentages of macronutrients, such as the fat or protein content of ALL the foods you eat in a day, you'll need to use a dietary app or online food log. You input what you eat and it will assess your overall macronutrient breakdown at the end of each day. We provide you with sample menus that can give you an idea of what a menu with your recommended macronutrient ranges will look like. But the only way to really know if you are reaching the suggested ranges for each macronutrient is to keep track by entering what you eat into a food log online or on an app.

PROTEIN UTILIZATION

WHAT YOUR GENES SAY ABOUT YOU:

Our analysis indicates that your genetic profile exhibits an **ENHANCED** utilization of protein. Your score reflects the fact that your genotype does include the allele combination that resulted in greater weight loss when a higher percentage of protein was eaten on a diet. Studies that investigated this genotype found that a diet consisting of 25% or more of protein resulted in optimal weight loss. This suggests that the amount of weight or body fat that you lose from a diet is very likely to be affected by the percentage of protein you eat.



Your genetic profile indicates that your response is **ENHANCED**.

This indicates that you may lose more weight from dieting if you eat a moderate-to-high percentage of protein. Aim for 25% to 30% of your total calories to come from plant or animal-based protein.



This genotype also resulted in the loss of more lean body mass from dieting compared to those without this genotype. Lifting weights during dieting is an effective way to minimize or prevent the loss of muscle that can occur with weight loss.

SUCCESS STRATEGIES

Consuming a diet that is moderate-to-high in protein when you diet may help you to optimize your weight loss. Since you have a higher risk of losing muscle mass when you lose weight, it is important to include regular resistance training during your weight loss period.

RELATED GENES / SNPs

FTO, LCT

The gene and associated SNPs included in this category has consistently been shown to be associated with body fat mass and BMI. One large study found that people with the unfavorable genotype who dieted lost more weight, body fat and fat in the torso if they ate a moderate-to-high protein diet (25% or more of total daily calories) compared to a lower protein diet (15% of total daily calories), regardless of fat and carbohydrate distribution. However, they also lost more non-fat mass – which includes muscle – with the weight loss, even though they were eating a higher protein diet and exercising.

Our analysis of your genes investigated which genotype for this SNP was present in your DNA. Your rating of either **NORMAL** or **ENHANCED** reflects whether your genotype included those alleles that exhibited protein sensitivity because their presence resulted in increased weight and fat loss on a moderate-to-high protein, reduced calorie diet.



PROTEIN UTILIZATION

DIET

The body needs a certain minimum amount of protein to meet its needs to produce muscle, hormones, enzymes, skin and for other functions. The recommended daily allowance for protein is determined based on your body weight. On average, the recommendation is to obtain between 0.8 and 1 gram of protein per 1 kilogram of body weight. If you weigh 175 lbs, or 80 kg, it is recommended that you get between 64 and 80 grams of protein per day. That means if you eat 2,500 calories daily while on a normal food plan, you can get this amount by eating between 10% and 13% protein in your diet. But if you go on a calorie-reduced diet and consume only 1,500 calories, to reach your quota, you may need to eat a slightly higher percentage of protein, around 17% to 21% protein. Your genotype suggests that, while dieting, you may benefit from an even higher percentage of protein – from 25% to 30%.

Protein in your foods should contain all of the essential amino acids. Animal foods contain all of the essential amino acids in one food item, such as meat, fish or dairy products. You can also obtain all of the essential amino acids in many single plant foods, including grains such as quinoa, seeds such as shelled hemp hearts (hemp seeds), and beans such as edamame or tofu. Or you can consume several complementary plant foods in the same day and obtain the essential amino acids that your body needs (brown rice and black beans; nuts, grains and beans; veggies, beans and grains, etc.)

If your genetic profile suggests you should reduce your intake of total fat or saturated fat, choose leaner versions of animal foods or plant-based protein foods.

To track the percentage of protein you get, record your food intake for at least a week and enter it into a diet app or online nutrition log that can calculate the percentage of each of the macronutrients that you eat.

EXERCISE

Since this SNP is also associated with reduced non-fat mass from dieting, which can include the loss of muscle, it is recommended that you include progressive resistance training using heavier weights in the exercise plan that you follow while you are dieting. This may help minimize or prevent the loss of lean body *mass*.

Study your results from the genetic analysis for your exercise-related genes for a more specific exercise prescription. But for optimal muscle strengthening, you should perform exercises with weights targeting your major muscle groups.

SUGGESTED PROTEINS

suggested servings contain listed grams of protein

Chicken Breast (3oz) - 25g

Ground Turkey (3oz) - 22.5g

Lean Beef (3oz) - 22g

Broiled Fish (3oz) - 20g

Lentils/Black Beans (1/2c) - 9g

Turkey (3oz) - 24g

Pork/Lean Ham (3oz) - 18g

Lamb (3oz) - 21g

Quinoa (1/2c) - 12g

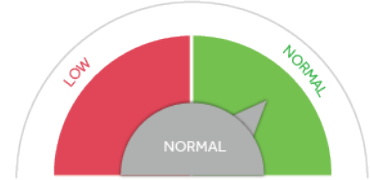
Tofu (1/2c - 4.4oz) - 11g



FAT UTILIZATION

WHAT YOUR GENES SAY ABOUT YOU:

Our analysis indicates that your genetic profile exhibits a **NORMAL** utilization of fat. Your score reflects the fact that for the genes investigated, your genotype showed few, if any, of the unfavorable allele combinations. *This means that you appear to have a normal ability to lose weight from a diet and exercise program, whether the diet that is low, moderate or high in fat, as long as you are eating fewer calories than you expend each day. This result also suggests that you have a normal level of fat oxidation, or fat-burning ability in response to different levels of fat in your diet.*



Your genetic profile indicates that your utilization of fat is **NORMAL**.

If you are dieting, or reducing calories to create a negative energy balance, you can expect to lose similar amounts of weight on either a low or a moderate fat diet.



RELATED GENES / SNPs

PPARG, TCF7L2, APOA5, CRY2, MTNR1B, PPM1K

The six genes and their associated SNPs that are included in this category all have been shown in scientifically sound studies to have statistically significant associations with how sensitive people are to eating a diet high in fat. In other words, these studies showed that the amount of fat in the diet affected how much weight individuals lost from a lifestyle intervention depending on the genotype at these genes. One study found that those people with an unfavorable genotype were more likely to have more body fat, a larger waist size and a higher BMI the more fat they ate, compared to others without the same genotypes. Another study found that people with a protective genotype appeared to be able to consume greater amounts of fat, but without exhibiting higher BMIs. Another study found that people who went on a low-calorie diet that was higher in

SUCCESS STRATEGIES

While you may experience similar results in terms of weight loss from following a reduced-calorie diet, no matter if it is low, moderate or high in fat, you may still be sensitive to other effects that higher intakes of fat may have on the body, especially from saturated fat from animal foods. It's tough to know how much fat you are consuming unless you are actively tracking what you eat and entering it into a diet app or online nutrition log. You might find it helpful to first determine how much fat you are currently eating so that you can identify ways to keep it at desired levels.

If you choose to eat higher-fat foods, be mindful of their high energy density. Since fat contains more calories per gram compared to the other macronutrients, foods and meals that are high in fat tend to have more calories. This makes it easier to overeat because you can easily consume more calories than you may realize.



FAT UTILIZATION

While your genetic profile suggests that you may be better able at handling higher levels of fat when you diet, if you are trying to lose weight, you will still need to reduce the number of calories that you eat. You may still need to reduce how much of these foods that you eat. You may be better able to handle a high-fat food, but if you are trying to lose weight, limit yourself to a small portion of the food.

fat lost less weight if they had an unfavorable genotype. Our analysis of your genes investigated which genotype for each of these 6 genes was present in your DNA. Your rating of either **NORMAL** or **LOW** reflects whether your genotypes included those that carried a risk of reduced weight loss ability from a diet that was high in fat.

SUGGESTED FATS

suggested servings contain listed grams of fat

Avocado (1/2 fruit) - 10g

Coconut Oil (1T) - 14g

Olive Oil (1T) - 14g

Nut Butters (1T) - 8g

Coconut (1 piece, 2" x 2" x 1/2") - 15g

Olives (1T) - .9g

Nuts/Seeds (1/4c) - 13g

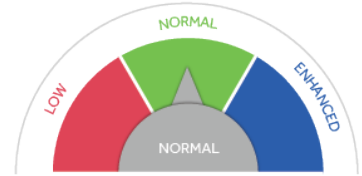
Butter (1T) - 12g

Oils (1T) - 14g

CARB UTILIZATION

WHAT YOUR GENES SAY ABOUT YOU:

Our analysis indicates that your genetic profile exhibits a **NORMAL** utilization of complex carbohydrates. Your score reflects the fact that your genotype does not appear to produce greater weight loss with a higher complex carbohydrate diet, and you can expect to lose around the same amount of weight with either a low, moderate or higher complex carb diet. Complex carbs provide the most nutrients and fiber and, if you exercise, can provide you with longer-lasting energy.



Your genetic profile indicates that your utilization of complex carbohydrates is **NORMAL**.

This suggests that the percentage of complex carbohydrates in a reduced-calorie diet may not affect your weight loss results – you can expect to lose a similar amount of weight with either a low, moderate or high complex carbohydrate diet. Complex carbs provide the most nutrients and fiber and, if you exercise, can provide you with longer lasting energy.

SUCCESS STRATEGIES

To lose weight, your genotype suggests that you can lose weight with any reduced calorie diet, regardless of proportions of the macronutrients (fat, protein and carbs) as long as you reduce overall calories to less than you burn each day.

Study your results from the other Macronutrient genetic analyses for more guidance on the best type of diet to choose. Also, if you have certain health conditions, it may be optimal to adapt your eating choices based on established dietary recommendations for specific issues. For example, if you have health conditions like poor cholesterol or hypertension, a lower carb and higher fat diet may not be beneficial. You may experience more health benefits from a plant-based diet that is very low in fat from foods

RELATED GENES / SNPs

IRS1, FGF21

The gene and associated SNPs included in this category has been shown to be associated with a person's insulin sensitivity and the potential effects of the amount of carbohydrates and fat in the diet. Insulin is a hormone released by the body that helps cells take in glucose, or sugar, for energy. Glucose is present in the blood after the digestion of carbohydrates from foods like fruit, vegetables, legumes and grains. Insulin is also released in response to eating protein as it helps to shuttle amino acids into cells, as well.

Our body relies on glucose, and this is why blood sugar levels are maintained within a consistent range. In fact, brain cells and red blood cells use glucose as their primary source of energy. Cells also use fat as a fuel source, but to metabolize fat, there must be some glucose present to complete the process. Glucose is a very important nutrient.

But sometimes cells do not respond to the



CARB UTILIZATION

(such as meat, cheese and even avocado) or added fats (like oils and butter).

But remember, to achieve success with any approach, and to keep the weight you lose off for the long term, you must choose a plan that is easy to stick to. It's the long term adherence that will make a difference in how lean you are over time. Choose the type of plan that will help you maintain the healthier lifestyle changes that you make.

SUGGESTED CARBOHYDRATES

Preferred Vegetables - 1 1/2 cups raw or cooked contains 15g of carbohydrates

- | | |
|---|-------------------------------|
| Artichoke | Onions |
| Asparagus | Pea pods |
| Bean sprouts | Peppers |
| Beans (green, wax, Italian) | Radishes |
| Beets | Salad greens |
| Broccoli | Sauerkraut |
| Brussels sprouts | Spinach |
| Cabbage | Summer squash |
| Carrots | Tomato (canned, sauce, juice) |
| Cauliflower | Turnips |
| Celery | Water chestnuts |
| Cucumber | Watercress |
| Eggplant | Zucchini |
| Green onions or scallions | |
| Greens (collard, kale, mustard, turnip) | |
| Kohlrabi | |
| Leeks | |
| Mixed vegetables (no corn or peas) | |
| Mushrooms | |
| Okra | |

insulin being released, a condition known as insulin resistance. The result is the bloodstream can be overloaded with glucose. Chronic high blood glucose levels can lead to diabetes, or uncontrolled high blood sugar. People who are overweight and/or physically inactive are at higher risk of insulin resistance.

Since carbohydrate intake triggers insulin release, many people assume that eating more carbs is not healthy and can lead to body fat and weight gain, as well as diabetes. But the relationship is not that simple: many people who eat a high carbohydrate diet are not overweight and do not have diabetes, and, in fact, may have much lower levels of blood glucose. Several large epidemiological studies have shown that increased carb intake actually leads to a lower risk of diabetes and that, surprisingly, increased protein intake, increases the diabetes risk.

The type of carbs you eat play a role: If you eat mostly processed carbs, you are likely to release greater amounts of insulin and this could affect your insulin resistance.

The IRS1 gene in this category seems to influence insulin resistance and the body's response to carbs in the diet. One long term study found that people with a variant of this gene who ate a high carbohydrate, lower fat diet that consisted of high fiber, whole plant foods, as opposed to processed, lower fiber carbs, had greater insulin sensitivity—and lower levels of insulin and insulin resistance—and experienced greater weight loss compared to eating a lower carb, higher fat diet.

Research also finds that variations of the FGF21 gene, which helps regulate carbohydrate intake and metabolism, influence how people lose weight in response to a high or low carbohydrate diet, with

CARB UTILIZATION

Preferred Legumes (Beans) - 1/2 cup contains 15g of carbohydrates

Garbanzo/Chickpeas	Split peas
Pinto beans	Black-eyed peas
Northern beans	Lentils
Fava/Broad beans	Edamame beans
Kidney beans	Navy beans
White beans	Mung
Black beans	

Preferred Starchy Vegetables - suggested serving size contains 15g of carbohydrates

Peas, green (1/2 c)	Yam, sweet potato, plain (1/2 c)
Red/New Potato, baked or boiled, 1 small (3 oz)	Squash, winter - acorn, butternut (1 c)

Preferred Fruits - suggested serving size contains 15g of carbohydrates

Apple, unpeeled, 1 small (4 oz)	Grapes, 17 small (3 oz)	Pear, fresh, 1/2 large (4 oz)
Apricots, fresh, 4 whole (5 1/2 oz)	Honeydew, 1 slice (10 oz or 1 c cubes)	Pineapple, fresh 3/4 c
Banana, small 1 (4 oz)	Kiwi, one (3 1/2 oz)	Plums, 2 small (5 oz)
Blackberries (3/4 c)	Mango, small, 1/2 fruit (5 1/2 oz or 1/2 c)	Raisins (2 T)
Blueberries (3/4 c)	Nectarine, 1 small (5 oz.)	Raspberries (1 c)
Cantaloupe, small (1/3 melon or 1 c cubes)	Orange, 1 small (6 1/2 oz)	Strawberries, whole berries (1 1/4c)
Cherries, sweet, 12 fresh (3 oz)	Papaya, 1/2 fruit (8 oz or 1 c cubes)	Tangerines, 2 small (8 oz)
Grapefruit, 1/2 large (11 oz)	Peach, fresh, 1 medium (6 oz)	Watermelon, 1 slice (13 1/2 oz or 1 1/4 c cubes)

Preferred Grains - 1/2 cup contains listed grams of carbohydrates

Couscous - 15g	Quinoa - 28g	Oats - 15g
Kamut - 26g	Barley - 22g	Amaranth - 23g

PROCESSED/LESS DESIRABLE CARBOHYDRATES

Less Desirable Starchy Vegetables

Mixed vegetables with corn or peas	Corn on the cob	Corn
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Less Desirable Grains

Bread	Cereal	Rice
Bagel	Crackers	Pasta
Pancake/Waffle		

certain genotypes having a larger reduction in weight with a low carbohydrate diet and a lesser reduction in weight with a high carbohydrate diet.

Our analysis of your genes investigated which genotype for this gene was present in your DNA. Your rating of either **LOW**, **NORMAL** or **ENHANCED** reflects whether your genotype included those genes that increase risk of reduced weight loss ability from a low carb, higher fat diet, or if your genotype included those genes that responded more favorably to a lower carb diet.

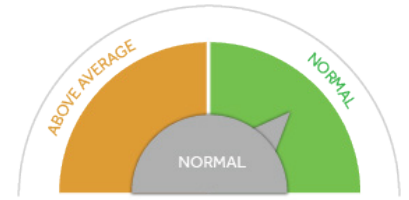


FOOD SENSITIVITY

SWEETS PREFERENCE

WHAT YOUR GENES SAY ABOUT YOU:

Our analysis indicates that your genetic profile exhibits characteristics that make you likely to have an average sweet intake and your preference for sugary sweets is likely to be in the **NORMAL** range. That means you are not genetically inclined to have exceptionally strong sugar cravings or to eat sweets to excess, but it's still important to pay attention to how much added sugar you eat, as the average American consumes about 66 pounds of added sugar per year, which contributes to weight gain as well as cardiovascular and metabolic diseases like diabetes.



Your genetic profile indicates you are likely to have an average sugar intake and that your preference and craving for sugary sweets is likely to fall in the **NORMAL** range.

That's good news, since consuming too much sugar leads to weight gain and health problems. But it is still important to keep your intake of added sugar in check.

It's no secret that eating too much sugar is a big public health problem. The American Heart Association (AHA) warns that we should eat no more than about 6 ½ to 9 ½ teaspoons (100 to 150 calories) of added sugar a day depending on our size and gender. Yet, most of us consume two to three times the AHA's recommended amounts each day (about 20 teaspoons or 82 grams on average), often without even knowing it, because even if we choose to avoid sweets and sugary foods, there's so much hidden sugar in our food supply, we can exceed the recommended amount, even if we're otherwise careful.

As someone with a genetic tendency to not be susceptible to strong sugar cravings or to consume high amounts of sweet foods, it may be easier for you to hit the AHA goals without also battling a raging sweet tooth. That said, it's normal for everyone to have some sweet cravings regardless of their genetic disposition. Surveys find that 97% of women and 68% of men have food

RELATED GENES / SNPs

FGF21, SLCA2

The genes and associated SNPs included in this category have been shown to have significant associations with a person's sweet taste perception and their preference for sugary foods, or what we commonly call a sweet tooth.

Your liver regulates your carbohydrate (especially sugar) intake through the production of a hormone known as fibroblast growth factor (FGF21). When you eat sugar, it pumps out FGF21, which in turn sends signals to your brain to let you know when you've had enough "sweets." Animal studies show that mice lacking the ability to produce this hormone eat about twice as much sugar as those who have a greater expression of FGF21, who not only take in less sugar but also less non-caloric sweetened food.

One study of more than 6,500 Danish



FOOD SENSITIVITY

SWEETS PREFERENCE

cravings, including those for sugar. It's also easy to develop a taste for sweets if you typically put sugary sweeteners in your coffee, start your day with a pastry, and/or swear by an afternoon or bedtime treat.

SUCCESS STRATEGIES

To avoid eating more than the recommended amount of sugar, try a few simple strategies:

Check your labels. You already know the obvious sugary sweets like cakes, candy, and cookies. To avoid hidden sugars where you don't suspect them, read your labels, especially of common culprits like soups, sauces, crackers, and cereals (pretty much anything in a box, jar, or carton). Look for added sugar by all its names, including beet sugar, brown sugar, cane sugar, corn sugar, corn sweetener, corn syrup, fruit juice concentrates or purees, high-fructose corn syrup, honey, malt sugar, molasses, raw sugar, syrup, maple syrup, and of course, sugar. Ingredients ending in "ose" like dextrose, fructose, glucose, lactose, maltose and sucrose all mean sugar. If any of those ingredients are in the top three ingredients, put it back on the shelf.

Skip juice and soda. Sugary drinks—and yes, that includes fruit juice—are a major source of sugar in the typical American diet. Soda, sports drinks, energy drinks, and fruit drinks account for 36% of the added sugar we consume. And it's one of the easiest ones to fix. Iced herbal or fruit teas, sparkling water with a squeeze of fresh citrus, and infused water are all great, flavorful options.

Go natural. If you do find yourself craving sugar, choose natural treats like berries, Greek yogurt, dried fruit, and other healthful, naturally sweet whole foods that can give you a sugar fix without sidelining your health and weight goals.

people found that those carrying one of two particular variants of the FGF21 gene were about 20 percent more likely to crave and consume sugary foods compared to those without that genetic makeup.

Interestingly, another study using health information on 450,000 people who have had their genomes sequenced and health and lifestyle information collected by UK Biobank reports that the same people who have the "sweet tooth" gene also appear to have naturally lower body fat, though when they do store fat it tends to be around their waists, which can have negative health consequences and is linked to heart disease and diabetes, rather than around their hips, where it presents less health risks.

Other research shows that people who are carriers of the Ile allele for GLUT2, a gene associated with glucose sensing in the brain, eat about 20 grams a day more sugar than those with other genetic variations of GLUT2. That's a lot considering the recommended daily limit for added sugars is 25 grams for women and 36 grams for men.

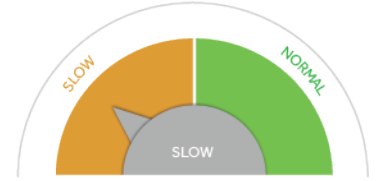
Our analysis investigated which genotype for these genes was present in your DNA. Your rating of **NORMAL** or **ABOVE AVERAGE** reflects whether your genotypes included those that carried the likelihood of having a greater craving and consumption of sugar and sweets.



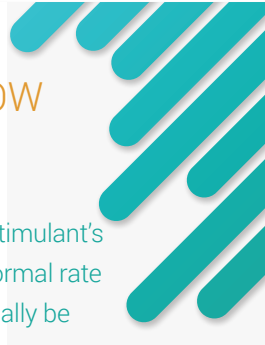
CAFFEINE METABOLISM

WHAT YOUR GENES SAY ABOUT YOU:

Our analysis indicates that your genetic profile exhibits a **SLOW** rate of caffeine metabolism. That means you do not have the liver enzymes to breakdown and metabolize caffeine at a normal rate, but rather it stays in your system for a prolonged period of time. Using caffeine before training or sporting events may not be beneficial for you, and caffeine may have detrimental effects on your health. It also puts you at risk for more serious side effects from the stimulant, including elevated blood pressure and heart attack risk.



Your genetic profile indicates that you are likely to have a **SLOW** rate of caffeine metabolism.



This means you are not likely to benefit from the stimulant's ergogenic benefits as much as someone with a normal rate of caffeine metabolism and caffeine use may actually be detrimental to your health.

Research dating back to the '70s has consistently shown that caffeine can improve sports performance, particularly endurance performance, where the average improvement in exercise trials is about 24 percent in time to exhaustion and 3.1 percent in time to completion. It may also improve muscle power and endurance for power and sprint-based sports.

Caffeine primarily interacts with adenosine, a chemical in your central nervous system that regulates sleeping and waking. As adenosine accumulates, it inhibits nerve activity and causes drowsiness. Caffeine essentially blocks adenosine, preventing your nerve activity from slowing down, which increases alertness and brain activity and reduces tiredness, which benefits all sports performance. It also increases circulating epinephrine, the hormone responsible for your fight or flight response, which helps you feel physically and mentally keyed up to perform.

Caffeine use, however, does not benefit everyone equally. In one study of 35 trained male cyclists, caffeine decreased time on a 40 km time trial by nearly 4 minutes in those who had a favorable caffeine-metabolizing

RELATED GENES / SNPs

AHR, RP11-10017.3-001, ARID3B, CYP1A1

The genes and their associated SNPs that are included in this category have been shown to have significant associations with a person's ability to metabolize caffeine.

Caffeine is well known and widely used as a legal stimulant. On the endurance front, caffeine increases the body's ability to use stored fat as fuel, which spares limited muscle glycogen (stored carbohydrate) stores. It also increases beta-endorphins to enhance feelings of wellness while also lowering your perceived exertion, so hard efforts feel easier. However, not everyone responds equally...or favorably. Some people suffer from negative caffeine side effects after one ill-timed cup of coffee, while others can drink several cups a day and feel fine.

We now know this disparity is largely hereditary. Caffeine is rapidly absorbed into the bloodstream, with levels peaking after



CAFFEINE METABOLISM

genotype, while those who were slow metabolizers improved their time by 1.3 minutes. Other exercise trials have reported that slow metabolizers saw no improvements, or in some case, had poorer outcomes than those of the same slow-metabolizing genotypes who didn't take caffeine.

More concerning is that caffeine can raise blood pressure and heart attack risk in slow caffeine metabolizers. Research published in the *Journal of the American Medical Association (JAMA)* has reported that for slow caffeine metabolizers, those who drank 2 to 3 cups of coffee a day had a 36 percent increased risk of heart attack, while those who drank 4 or more cups daily had a 64 percent increased risk.

As a slow caffeine metabolizer, you likely are already aware that you are sensitive to caffeine and are less likely to consume moderate to high amounts. If you choose to use caffeine as an ergogenic aid, keep the dose low—100 to 150 mg in the hours before training or competing—and be sure to keep tabs on your blood pressure if you use caffeine regularly.

about 90 minutes and starting to drop off after about 3 to 4 hours. Caffeine eventually gets broken down in the liver by enzymes (Cytochrome P450 1A2, or CYP1A2) that metabolize the chemical. Depending on your genetic makeup, you will be able to metabolize caffeine at a normal rate, or your rate may be significantly slower. One study of 9,876 individuals found that variants in several genes were associated with slow caffeine metabolism (which was also associated with lower coffee consumption, indicating that people generally self regulate).

Being a slow caffeine metabolizer means the caffeine stays in your system longer, which can have adverse effects such as increasing blood pressure and may increase the risk of heart attack. Slow metabolizers also do not enjoy the same level of ergogenic improvement as people who metabolize the drug normally.

Our analysis investigated which genotype for these genes was present in your DNA. Your rating of **NORMAL** or **SLOW** reflects whether your genotype included those that carried a risk of adverse side effects in response to caffeine use or whether you are likely to benefit from using caffeine as an ergogenic aid.

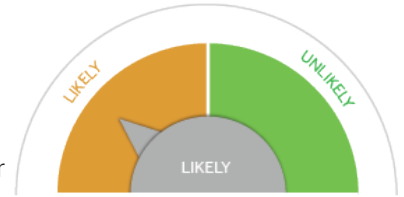


FOOD SENSITIVITY

BITTERNESS SENSITIVITY

WHAT YOUR GENES SAY ABOUT YOU:

Our analysis indicates that your genetic profile exhibits characteristics that make you **LIKELY** to taste the bitter compounds in foods, especially cruciferous vegetables like broccoli, kale, and Brussels sprouts. That makes you what scientists call a “super taster.” Research shows that people with your genotype eat significantly fewer vegetables than those who are less sensitive to bitter, even after health and nutrition interventions. A higher vegetable intake isn’t just good for your health, but also can help you lose and manage your weight. One 24-year prospective study found that intake of non-starchy vegetables, especially cruciferous veggies and leafy greens is inversely related to weight gain over time. That doesn’t mean you need to choke down foods you don’t like. But you can find ways to mask or minimize the bitterness in foods to make them more palatable to your taste buds and make it more enjoyable to get the recommended amounts of these healthful foods.



Your genetic profile indicates you are **LIKELY** to be a “super taster” and taste the bitter compounds in foods, especially cruciferous vegetables and dark leafy greens.

To eat and enjoy more vegetables, you'll want to find ways to mask and/or minimize the bitter taste in these foods.

SUCCESS STRATEGIES

The USDA recommends that adults eat two to three cups of vegetables every day. A meager 9 percent of adults meet that recommendation. If you’re a super taster, you may be even less likely to meet that recommendation. Research shows that super tasters eat less vegetables overall while non-tasters eat the most.

As you know, vegetables are important for good health. A tall body of research has linked high vegetable intake with lower risk of heart disease, diabetes, some cancers, as well as weight gain. But it’s hard to eat your veggies if you think they taste disgusting, and people with your genotype often find cruciferous vegetables and bitter greens like cabbage, broccoli, Brussels sprouts, cauliflower, and dark leafy greens like kale just too bitter to choke down, let alone enjoy.

RELATED GENES / SNPs

TAS2R38

The gene and associated SNPs included in this category have been shown to have significant associations with a person’s likelihood of being sensitive to bitter flavors and hence more likely to not like and/or consume many vegetables.

Research has found that certain people are genetically inclined to have variants of the taste receptor gene TAS2R38 that cause them to be so-called “super tasters,” meaning that they taste the bitter compounds in foods, especially glucosinolates found in dark leafy green and cruciferous vegetables like broccoli, kale, and Brussels sprouts more keenly, while others are essential “non-tasters,” meaning they do not or barely pick up the bitterness in foods.

Some of the variation in taste is due to the small bumps on the tongue called papillae,



FOOD SENSITIVITY

BITTERNESS SENSITIVITY

The good news is that there are cooking and serving strategies that can actually make these vegetables taste good to you. Here's what to try.

Roast them. Place those veggies in a pan, drizzle them with olive oil and balsamic vinegar, add a little salt and pepper and roast the bitterness out of them. Roasting or caramelizing vegetables converts more of the carbohydrates to sugars, which brings out their natural sweetness. Just stop the cooking process before they blacken, which can intensify some of the bitterness.

Butter 'em up. A little fat can help block the bitter compounds from binding to your bitter receptors. Fat also helps your body absorb the fat-soluble antioxidants found in many of these veggies. So don't be afraid to baste them with a bit of butter, olive oil, or a light layer of cheese sauce.

Use bitter-blocking seasonings. Various herbs and spices can help block or override the bitter taste in cruciferous veggies and leafy greens. A pinch of salt is one way. The heat in pepper and other hot spices like chili oil can distract you from the bitterness. Ginger, garlic, basil and vinegar can help override your bitter receptors by stimulating your other taste buds.

Stock up on alternative veggies. Remember, too, that there are many vegetables in the world and they're not all bitter. Stock up on peas, green and string beans, carrots, beets, zucchini, and sweeter varieties of lettuce to get your fill of healthful veggies without all the bitterness.

which house your taste buds. People with high sensitivity to bitter tastes have more than twice as many papillae as non-tasters. They also seem to have greater expression of bitter receptor messenger RNA.

If you're a super taster, you're likely to have an aversion to many vegetables, especially the ones rich in glucosinolates. In one study where researchers conducted a six-month dietary intervention designed to increase vegetable intake among a group of men and women, those with genotypes that related to low to non-bitter tasting increased their vegetable consumption more than those with the ability to perceive bitterness.

Another study found that people with the bitter tasting gene variant TAS2R38 ate about 200 fewer servings of vegetables a year than non-tasters. Super tasters may not only dramatically avoid vegetable consumption, but also choose more sweet and fatty foods instead.

Our analysis investigated which genotype for this gene was present in your DNA. Your rating of **LIKELY** or **UNLIKELY** reflects whether your genotypes included those that carried the likelihood of having a higher sensitivity to bitterness, and thereby a greater likelihood to have an aversion to vegetables.



SUMMARY

What nutrients do you need?

NUTRIENTS	TENDENCY	GOOD SOURCES INCLUDE
Vitamin A	BELOW AVERAGE	Carrots, Kale, Tuna
Vitamin B6	BELOW AVERAGE	Pistachios, Watermelon, Potatoes
Folate	LOW	Pinto Beans, Asparagus, Broccoli
Vitamin B12	NORMAL	Lean meat, Seafood, Fortified Dairy Product
Vitamin C	NORMAL	Red Bell Peppers, Strawberries, and Oranges
Vitamin D	LOW	Salmon, Egg Yolks, Fortified Dairy Milk

HOW DO MICRONUTRIENTS AFFECT MY BODY WEIGHT?

Micronutrients have not been shown to have a direct effect on body weight or body fat. So why are they included in this genetic analysis?

The vitamins tested play important roles in a variety of functions in the body that may affect your body weight—or your ability to manage it.

Many micronutrients are involved in the body's metabolism of fat, carbohydrates and protein. When you are eating and exercising, you want your metabolism to function smoothly. The body does find ways to cope when some nutrients are not available. But for optimum performance and energy, you'll do best when your body has all it needs to work properly.

Some nutrients such as vitamin C and vitamin D may not affect body weight directly, but they play a role in bone health, inflammation and healing. The stresses you put your body under when exercising may be bolstered if you are well nourished in these nutrients.

DO MY RESULTS SHOW THAT I AM LOW IN NUTRIENTS?

If you scored **LOW** or **BELOW AVERAGE**, your genotype results show that you may have a higher risk for having blood levels of certain nutrients that may be in the lower end of the normal range. For a few nutrients, such as vitamin B12, it may be optimal to be in the mid range of normal, or higher. This genotype risk assessment is based on studies where study participants with certain genotypes for the various nutrients tested were shown to be more likely to be in the lower end of the normal range for a nutrient.

Be careful of assuming these results indicate you are low, or deficient in a certain nutrient. The only way to know for sure if you are in the low end of the normal range for a nutrient, or if you are actually deficient, is to consult with your physician and get a specific blood test designed to assess a specific nutrient. This genetic test can only assess your risk; the blood test is what can assess your actual levels.



SUMMARY

WHICH FOOD CHOICES FOR CERTAIN MACRONUTRIENTS ARE THE BEST FOR ME?

Our genetic testing analyzes your genotype and assesses your potential levels of macronutrients. This testing does not test your individual sensitivity or response to certain foods that may contain these macronutrients. You may have other individualized responses that are not detected in the genetic tests. For example, you may be allergic to the proteins in dairy foods. Or you may have a negative response to the lactose sugars in dairy products. This report cannot inform you about these reactions. Any food recommendations that are suggested to help you obtain certain nutrients should be modified based on other factors that you may already know about.

HOW CAN I MONITOR MY NUTRIENT INTAKE?

Your body absorbs a certain amount of nutrient as food or supplements are digested. Then your body uses or stores the nutrient as needed. There are many factors that affect how much of a nutrient you take in, how much of a nutrient is absorbed and used by your body, and whether your body stores are in the normal range.

Your genotype for certain nutrients can indicate that you may be at risk for having lower levels of certain nutrients. But since the genotype analysis is not measuring what you eat, the supplements you take, or actually measuring levels in your blood or tissues, the genotype analysis alone cannot relate your true status.

People who are low or deficient in a nutrient may absorb more from food than someone who is not deficient. A person who needs more of a certain nutrient may absorb more of it from a food than someone who has normal levels. There are also other factors that can affect absorption positively or negatively, and that can affect how your body uses what you take in.

How do you know what your true nutritional status is? A blood test is generally the only way to truly test your true nutritional status. What is in the blood when tested may not always reflect what is in the tissues or how much is being used by the body. But at present, this is the measure used for most nutrients. There may also be different blood tests that monitor the same nutrient.

Keep these factors in mind as you interpret your genotype results and the suggestions given. No one result is going to give you all the information you need. But taken together, the results of your genotype analysis, along with a blood test can help you spot potential areas where you can optimize your nutrition.

SHOULD YOU TAKE A SUPPLEMENT?

Most nutritionists recommend that nutrients be obtained first through food. Research studies have tended to show more favorable outcomes when research participants obtained nutrients from food sources rather than from supplements. Nutritional experts vary in their opinions about whether people should take supplements or not.

Most supplements are considered safe. But be cautious with dosing because research on appropriate levels has identified ranges for some nutrients beyond which toxic effects can occur. These ranges are known as the Upper Intake Level, or UL. It is difficult to reach the UL by getting the nutrients from food, but it is easy to reach these high risk levels from supplementation.

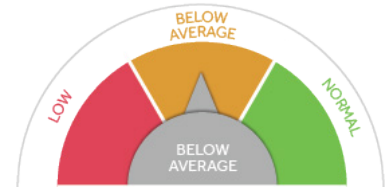
If you do choose to supplement, keep track of the nutrients you get from all foods. Read food labels since some foods that you eat may also be fortified in the supplements you are taking. Use dietary software to input what you eat and supplement with so you can keep an estimate of your total nutrient intake and will be less likely to overdose. Also consult with your doctor if needed. Some supplements, including vitamin A and vitamin B6, can interact with medications you may be taking.



VITAMIN A TENDENCY

WHAT YOUR GENES SAY ABOUT YOU:

Our analysis indicates that your genetic profile exhibits a **BELOW AVERAGE** ability to process Vitamin A from a beta-carotene supplement compared to others with a different genotype. Your score reflects the fact that, for the gene investigated, your genotype showed some of the allele combinations that resulted in less beta-carotene in supplement form being converted into Vitamin A as reflected in a blood test. This means that if you take high doses of a beta-carotene supplement, your ability to convert the nutrient into an active form of Vitamin A may be reduced compared to someone with a different genotype.



Your genetic profile indicates that your response is **BELOW AVERAGE**.

This suggests that your ability to convert high doses of beta-carotene from a supplement into an active form of Vitamin A may be reduced. You may want to get a blood test to assess your blood levels of Vitamin A, and, if your levels are low, then consume more beta-carotene and Vitamin A-rich foods, or possibly take low-dose supplements if you are deficient.



RELATED GENES / SNPs

BCM01

The gene and its associated SNPs that are included in this category have been shown to have statistically significant associations with a person's blood levels of Vitamin A. Vitamin A promotes good vision, is involved in protein synthesis that affects skin and membrane tissues, and helps support reproduction and growth. The nutrient is found in plant foods in its precursor forms such as beta-carotene. Beta-carotene is converted by the body into different active forms of Vitamin A: retinol, retinal and retinoic acid. Animal foods, such as meat and dairy, provide the retinol form of Vitamin A.

It is rare to over-consume beta-carotene in plant foods to reach toxic levels. However, it is possible to consume toxic levels of Vitamin A from organ meats or fortified foods. Pregnant women are advised to eat liver no more than once every two weeks.

SUCCESS STRATEGIES

- You may want to request a blood test assessing your levels of Vitamin A from your doctor.
- Vitamin A is needed for good vision. Needs may increase in women who are pregnant or lactating. If your levels are low or your body is deficient, vision and other aspects of health can be affected. You may want to increase your intake of beta-carotene and Vitamin A-rich foods, and perhaps take Vitamin A supplements.
- If you do take a supplement, make sure not to exceed recommended levels of supplemental beta-carotene or Vitamin A, as toxicity can occur.



NUTRIENTS

VITAMIN A TENDENCY

- Be aware that some medications, alcohol or health conditions may interact with Vitamin A supplements and cause adverse effects. Discuss supplementation with your doctor.

Vitamin A in the form of beta-carotene is found in foods such as vegetables, especially leafy greens like spinach and orange foods such as carrots, sweet potatoes, apricots, mango and cantaloupe, as well as in the retinol form in dairy and in organ meats like liver.



VITAMIN A-RICH FOODS TO INCLUDE IN YOUR DIET:

Broccoli, Swiss chard, collard greens, kale, carrots, butternut squash, apricots, goat's cheese, liver, tuna.

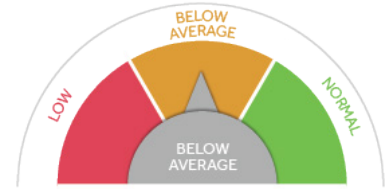


NUTRIENTS

VITAMIN B6 TENDENCY

WHAT YOUR GENES SAY ABOUT YOU:

Our analysis indicates that your genetic profile response is **BELOW AVERAGE**. Your score reflects the fact that your genotype showed an unfavorable allele combination. This means that there is a risk that your blood levels of Vitamin B6 may be slightly lower than normal. Keep in mind that increased risk does not mean that your blood levels are low. You can only know this by requesting a blood test from your physician or other healthcare provider.



Your genetic profile indicates that your response is **BELOW AVERAGE**

You may want to get a blood test to check your levels of Vitamin B6. Eat enough Vitamin B6-rich foods and consider supplementing if you are low.



RELATED GENES / SNPs

NBPF3

The gene and its associated SNPs included in this category have been shown to have statistically significant associations with a person's blood levels of Vitamin B6. In one large study, people who carried the most unfavorable pairs of genes, or alleles had lower levels of Vitamin B6.

Vitamin B6 is important for nerve cell function, energy metabolism and the production of hormones, such as serotonin and epinephrine. Low levels of B6 are also linked to higher levels of homocysteine, which increases heart disease risk. B6 is found in many foods including grains, legumes, vegetables, milk, eggs, fish, lean meat and flour products.

SUCCESS STRATEGIES

Since you are at risk for having lower levels of Vitamin B6 in your blood, make sure you get adequate amounts of this nutrient in your diet. Keep a food log using a dietary app to monitor how much Vitamin B6 you consume.

You may wish to ask your doctor for a blood test. If your blood tests show low levels, obtain more of this nutrient from foods or take a Vitamin B6 supplement. Be sure to avoid high doses of a supplement, as they can cause nerve damage.



VITAMIN B6-RICH FOODS TO INCLUDE IN YOUR DIET:

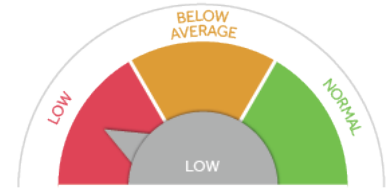
Broccoli, Swiss chard, collard greens, kale, carrots, butternut squash, apricots, goat's cheese, liver, tuna.



VITAMIN B9 – FOLATE TENDENCY

WHAT YOUR GENES SAY ABOUT YOU:

Our analysis indicates that your genetic response is **LOW**. Your score reflects the fact that your genotype showed a higher risk allele combination. This means that your body may be at risk of having lower blood levels of folate. You may be at higher risk for anemia and for higher levels of homocysteine, which is a risk factor for heart disease.



Your genetic profile indicates that your response is **LOW**.

This suggests that you may have a high risk of having lower blood levels of folate. Getting enough by eating extra whole plant foods at every meal and supplementing with folate if your levels are found to be low in a blood test may be beneficial. Getting folate, Vitamin B12 and homocysteine levels checked in a blood test regularly is recommended.



RELATED GENES / SNPs

MTHFR

This gene and its associated SNPs have been shown to have significant associations with a person's folate, or vitamin B9, status. Folate plays many important roles in the body, including acting as a coenzyme in DNA creation and in energy metabolism reactions. Folate also plays a role in biochemical processes that affect the metabolism of an amino acid, homocysteine. One SNP associated with this gene is associated with enzyme activity that can lead to higher levels of homocysteine. Since homocysteine is a risk factor for heart disease, high levels may be of concern. In child-bearing women, getting sufficient amounts of folate is important because low levels can lead to neural tube birth defects. As a public health measure, grains are fortified with folate to ensure that women of childbearing age get enough. Low levels of folate can also lead to anemia.

In studies on this gene, people who carried the most unfavorable pairs of genes, or alleles, had only a 10%-20% efficiency

SUCCESS STRATEGIES

- Since you appear to be at high risk to have lower levels of folate, it may be a good idea to get regular blood tests to check for anemia, as well as folate, Vitamin B12 and homocysteine status. Your genes only predict your risk, but a blood test can give you concrete information about your body levels of this nutrient.
- All women should ensure they get enough folate in their diet. Monitor your intake by keeping a food log using a dietary app. Because you are at risk of having lower levels, you may want to eat greater amounts of folate than the minimum recommended daily allowance. You will get folate that is added to whole grains in cereals and breads, but you should also eat food sources of folate. The foods highest in folate include legumes, fruits and vegetables, especially greens.
- Some of the folate in foods is lost with heat from cooking or oxidation during storage. To minimize potential losses, eat plant foods at every meal



NUTRIENTS

VITAMIN B9 – FOLATE TENDENCY

at processing folate. And those with the below average allele had a 60% efficiency at processing folate. People with more of the unfavorable alleles are more likely to have high homocysteine and low Vitamin B12 levels. Poor ability to process folate may be fairly common: Around 53% of women appear to have these unfavorable genotypes.

to make sure you get enough, eat fresh produce quickly after purchase, and incorporate some raw plant foods into your meals.

- You can also supplement your diet with folate. However, since low levels of Vitamin B12 can mask anemia if folate is taken, it is a good idea to supplement with both folate and Vitamin B12.
- Smoking can also decrease folate levels. You may need to consume more if you smoke — or better yet, quit smoking!



FOLATE-RICH FOODS TO INCLUDE IN YOUR DIET:

Lentils, pinto beans, asparagus and broccoli are excellent sources of folate.

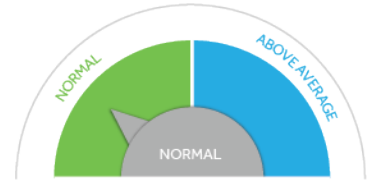


NUTRIENTS

VITAMIN B12 TENDENCY

WHAT YOUR GENES SAY ABOUT YOU:

Our analysis indicates that your genetic profile is **NORMAL**. Your score reflects the fact that your genotype showed few, if any, of the unfavorable allele combinations. This suggests that, as long as you consume a healthy diet that includes Vitamin B12, you are likely to have normal blood levels of vitamin B12. Keep in mind, however, that vitamin B12 deficiencies can develop with some health conditions. Also, aging can result in poorer absorption of vitamin B12 from foods.



Your genetic profile indicates that your response is **NORMAL**.

This suggests that your blood levels of Vitamin B12 are likely to be normal.



If you follow a plant-based vegan diet that does not include fortified foods, levels also can become low.

SUCCESS STRATEGIES

Getting a nutrient analysis of what you eat can give you an indication of how much of a nutrient you are consuming. Do periodic checks of your estimated vitamin B12 intake with a food log using a dietary app.

To assess how well nutrients in your foods are absorbed, it is a good idea to get periodic testing of your blood levels of vitamin B12. If absorption is impaired, your blood levels may be low and you may wish to supplement with B12.

RELATED GENES / SNPs

FUT2

The gene and associated SNPs included in this category have been shown to have significant associations with a person's blood levels of Vitamin B12. In one large study, those women who carried the most unfavorable pairs of genes, or alleles, had slightly lower levels of Vitamin B12 compared to others with more favorable genotypes. However, they were not deficient: their levels were still in the normal range, just on the low end. Around 70% of people have genotypes that suggest they may be at risk for having blood levels of B12 that are at the lower end of the normal range. There are several reasons why blood levels of B12 can be low. Some people do not get enough in their diet and so they are simply not getting enough of the nutrient. Some other people get enough, but do not absorb it efficiently. A small percentage of people over 50 or those who have had gastrointestinal surgery or GI disorders such as Crohn's disease may also have reduced abilities to absorb it.



VITAMIN B12-RICH FOODS TO INCLUDE IN YOUR DIET:

Lean meat, seafood, dairy products, eggs, fortified breakfast cereals, certain brands of fortified nutritional yeast.



NUTRIENTS

VITAMIN B12 TENDENCY

Research also indicates that around 30% of people have genotypes that suggest they may be predisposed to having higher than normal levels of vitamin B12. Their levels are not excessive, just on the high end of the normal range.

Vitamin B12 is important for many processes in the body, including red blood cell formation, neurological function and cognitive performance. Deficiencies of B12 can cause pernicious anemia, and is also associated with high levels of homocysteine, which may impair arteries and increase risk of heart disease. There is some evidence that subclinical symptoms may be associated with being in the low end of the normal range.

Vitamin B12 is produced by microorganisms found in soil and water, and in both the guts of animals and humans. In the modern world, highly-sanitized food processing systems have eliminated many naturally occurring sources of Vitamin B12-providing bacteria in plant products. Vitamin B12 is typically obtained from animal foods such as meat, or fortified foods such as dairy and plant milks. Certain mushrooms and seaweed may provide some Vitamin B12, but are not considered to be reliable sources.

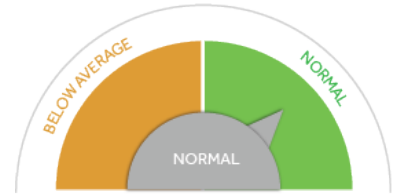


NUTRIENTS

VITAMIN C TENDENCY

WHAT YOUR GENES SAY ABOUT YOU:

Our analysis indicates that your genetic profile suggests that you are likely to have **NORMAL** levels of Vitamin C. Your score reflects the fact that for the gene investigated, your genotype did not show the unfavorable allele combinations. This means that if you consume enough Vitamin C in the foods you eat, blood levels of L-ascorbic acid should be in the normal range. If you smoke, however, you may deplete some of your Vitamin C and may need more.



Your genetic profile indicates that your response is **NORMAL**.

If you eat enough Vitamin C-rich foods, you should have normal levels in your blood.



SUCCESS STRATEGIES

- To ensure your body gets the Vitamin C it needs, make sure to include a wide variety of plant foods, including citrus in your diet.
- If you wish to supplement with Vitamin C, avoid very high doses because they can cause diarrhea and gastrointestinal distress.

RELATED GENES / SNPs

SLC23A1

The gene and associated SNP included in this category has been shown to have statistically significant associations with a person's blood levels of L-ascorbic acid, or Vitamin C. Those people who carried more unfavorable pairs of genes, or alleles, were more likely to have lower blood levels of the nutrient.

Vitamin C is a nutrient that has many functions in the body, including acting as an antioxidant, and is needed for skin and membrane tissues. Low levels have also been associated with diseases such as heart disease and cancer. Vitamin C also helps with the absorption of iron. The nutrient must be obtained from foods since the human body cannot make its own, as some other animals can. Vitamin C can be found in citrus fruits, but is also in many fruits, vegetables and legumes.



VITAMIN C-RICH FOODS TO INCLUDE IN YOUR DIET:

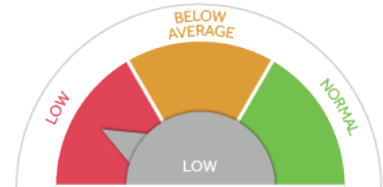
Broccoli, red bell peppers, kiwi fruit, Brussels sprouts, strawberries, oranges, watermelon, pinto beans.



VITAMIN D TENDENCY

WHAT YOUR GENES SAY ABOUT YOU:

Our analysis indicates that your genetic response is **LOW**. Your score reflects the fact that for the genes investigated, your genotype showed many of the unfavorable allele combinations that increase your risk of having extremely low levels of Vitamin D. This does not mean you definitely are deficient. But you should speak to your doctor and get tested to monitor your status. If you get inadequate sun exposure, take in small amounts through natural or fortified foods, or have trouble with absorption of the Vitamin D you do get from foods, you could be at greater risk of being low.



Your genetic profile indicates that your response is **LOW**,

so your levels of Vitamin D may be extremely low or even deficient. Get your blood tested for Vitamin D on a regular basis. Increase your sun exposure and add more Vitamin D-rich foods or supplements, if your levels are low.



RELATED GENES / SNPs

GC, NADSYN1, CYP2R1

The genes and their associated SNPs that are included in this category have been shown to have statistically significant associations with a person's blood levels of Vitamin D (which is actually a hormone). One study found that several SNPs linked to low levels of Vitamin D were from genes that may play a role in the Vitamin D conversion and delivery process. Those people who carried unfavorable pairs of genes, or alleles, had a higher risk of low levels of Vitamin D, and those who carried several unfavorable SNPs had a much higher chance of being deficient in Vitamin D.

Vitamin D has been proven in research to be crucial for bone health. Low levels of Vitamin D have been associated with a variety of health conditions, including heart disease, diabetes, depression and cancer.

SUCCESS STRATEGIES

- Get tested regularly since you are at high risk of having low levels of Vitamin D.
- Getting outside on most days of the week for a few minutes is crucial to generate your body's production of Vitamin D. Most people do not get Vitamin D through food; sunlight is considered to be the best source.
- Expose yourself to the sun on most days of the week for at least 10 to 15 minutes (30 to 50 minutes if you have naturally dark skin). Spend more time outdoors in winter months, or if you live in northern latitudes



NUTRIENTS

VITAMIN D TENDENCY

- Sunscreen can block the rays that trigger your Vitamin D production. Spending a short amount of time outside without wearing sunscreen may be beneficial. If you have any doubts, discuss the best approach with a dermatologist.
- If you are deficient in Vitamin D, do a nutrient analysis to determine how much Vitamin D you consume, then eat more foods that contain Vitamin D, including natural foods or fortified foods, or take a supplement.
- If you take a Vitamin D supplement, avoid overly-high doses, unless by prescription through your doctor, as they may cause adverse effects.



VITAMIN D-RICH FOODS TO INCLUDE IN YOUR DIET:

Salmon, mackerel, sardines, egg yolks, fortified almond, soy or other plant milk, fortified dairy milk.

A blood test from your doctor can determine your blood levels of Vitamin D. Vitamin D is primarily produced by the body from exposure to ultraviolet rays from sunlight, and this is considered to be the optimal source since Vitamin D generated by the body lasts longer in the body than Vitamin D taken in supplement form. Your levels are likely to be higher if you live in the southern latitudes and during the summer. However, it is not uncommon for people with lots of exposure to the sun to still have low levels of Vitamin D. In general, only 10 to 15 minutes of sun exposure to bare skin per day during the summer months is needed for a Caucasian to produce the Vitamin D he or she needs. Darker skinned people will need to spend 2-5 times more time in the sun. Since Vitamin D is stored in the body, stores can be built up during warmer months and may compensate for less sun exposure during winter months.

Vitamin D can be obtained through foods such as oily fish and egg yolks, as well as fortified dairy and plant milks, and fortified cereals. Vitamin D can also be taken in supplements. If you test low and choose to take a Vitamin D supplement, be careful of taking higher doses because there can be adverse effects.



SUMMARY

How much should I exercise?

Your body weight and body fat levels are the direct result of how much you eat as well as how much and how you move. Certain genes can play a role in your response to what you eat and how you exercise.

Traditionally, most people focus on dieting to lose weight, but exercise is a key part of losing weight effectively and it's been proven in research to be crucial for keeping the weight you lose off.

There are two major things you should know about exercising to lose weight:

1. Any regular exercise can enhance weight loss from dieting. If you have a certain genotype, you may experience a greater or lesser response compared to others, but your response still depends on the type and amount of exercise that you do. For weight loss and fat loss, the more calories you burn through exercise, the better your results will be.

Achieve a greater calorie burn by focusing on cardio exercise such as walking, running, cycling or cardio machines. When you move, you can increase your calorie burn in one of two ways. You can exercise harder at a higher intensity, or you can keep your intensity easier and exercise at a moderate pace, but for longer sessions. We'll explain how to monitor and manipulate your intensity in greater detail later in your report.

2. Muscle matters, too. It keeps you strong, it helps your body stay firm and shapely. You may have a certain genotype that makes you more or less muscular, or that makes you more or less strong, but your muscle response to both dieting and exercise will still be affected by the type and amount of exercise that you do.

When you are dieting, it is very important to include exercise that helps to strengthen muscle. When a person loses weight by only dieting and not exercising, they are likely to lose more muscle mass along with the pounds of fat that are lost. If you exercise, especially if you do resistance training (lift weights), you can prevent or minimize the loss of muscle mass that can occur with weight loss.



EXERCISE

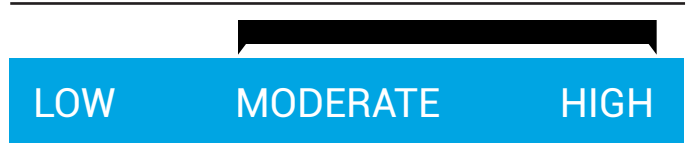
SUMMARY

CARDIO EXERCISE

FREQUENCY (days per week)



INTENSITY



DURATION (minutes per week)



Do cardio for at least 200-300 min on at least 3-4d per week at a moderate-to-vigorous intensity. You can experience greater results by exercising more and/or harder.

STRENGTH TRAINING



Lift weights 2 to 3 days per week using weights that are heavy enough to challenge you at the end of each of 2 to 3 sets of 15-20 reps. If by the end of each set of repetitions, you feel like you could keep performing the exercise, the weight you are using is too light to provide a sufficient muscle-strengthening stimulus. As you near the end of the exercise, you should feel like the last 2 to 3 reps are difficult to complete while maintaining good form.

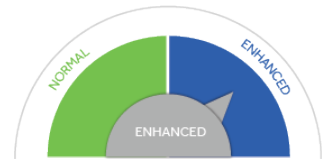


EXERCISE

FAT LOSS RESPONSE TO CARDIO

WHAT YOUR GENES SAY ABOUT YOU:

Our analysis indicates that your genetic profile exhibits an **ENHANCED** fat loss response to cardio. Your score reflects the fact that your genotype showed 'favorable' gene combinations. This means that, based on your genes, you likely would show a slightly higher fat loss response to a basic cardio exercise program than other genotypes. Thus you can expect to lose a usual to higher amount of body fat by participating in cardio exercise that is of a moderate-to-vigorous intensity.



Even though you may have an enhanced response to a lifestyle intervention, this doesn't mean that losing body fat and keeping it off will be effortless. Not everyone loses the same amount of body fat when they embark upon an exercise program. Genetic predisposition plays a role in fat loss, but other factors can also affect how much fat you lose. You can experience greater fat loss by exercising longer and/or at a higher intensity.

Your genetic profile indicates that your fat loss response to cardio is **ENHANCED**.

You should experience slightly more fat loss than other genotypes when performing cardio exercise 3-5 days per week for a total of 150-250 minutes. Examples of what this type of exercise plan would look like are either several exercise dance classes and an indoor cycling class per week, or 3-5 sessions in a week walking or climbing briskly on a treadmill or elliptical trainer for 50-60 minutes.



SUCCESS STRATEGIES

Your genetic profile predicts that you can expect a favorable fat-loss result from doing at least 150-250 minutes of cardio exercise 3-5 days per week, working out at a moderate-to-high intensity.

- If you want to see greater fat loss benefits from exercise, you should increase the length of time of your exercise session, and/or the intensity of your exercise session.
- Make sure to include muscle-strengthening moves such as squats, lunges and upper body exercises with weight on at least 2 days per week.

RELATED GENES / SNPs

ADRB2, LPL

The genes and their associated SNPs that are included in this category have been shown in a study to have significant associations with a person's ability to lose fat from a regular program of 3 days per week of cardio exercise. A large study investigating these genes put sedentary men and women on a 20-week cardio exercise program. The study volunteers exercised on a bike 3 times per week, starting at a moderate intensity for 30 minutes per session over the first few weeks. They built up to a longer, slightly harder workout that lasted 50 minutes for the last 6 of the 20 weeks.

Men in the study did not appear to have a different response based on their genotype. Women's fat loss was influenced by



EXERCISE

FAT LOSS RESPONSE TO CARDIO

- Begin your cardiovascular exercise session in a semi-fasted state; First thing in the morning or 3-5 hours since your last meal/caloric drink.

genotype, however. Women who carried the most 'favorable' genotypes lost slightly more fat in response to a cardio exercise program than those who did not carry these 'favorable' genotypes.

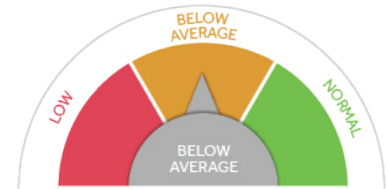
Our genetic analysis investigated which genotype for each of these genes was present in your DNA. Your rating of either **NORMAL** or **ENHANCED** reflects whether your genotypes included those that carried an enhanced fat loss response from a regular program of cardio exercise.



FITNESS RESPONSE TO CARDIO

WHAT YOUR GENES SAY ABOUT YOU:

Our analysis indicates that your genetic profile exhibits a **BELOW AVERAGE** fitness response to high-intensity exercise. Your score reflects the fact that your genotype showed the 'unfavorable' gene combinations. This means you have the potential to not see the same improvements in fitness from high-intensity cardio workouts as someone else with a more favorable genotype would. The good news is that you might be able to attain the same cardiovascular benefits by working at lower intensities.



Your genetic profile indicates that your fitness response to moderate-to-high-intensity cardio is **BELOW AVERAGE**.

You may be less likely to experience optimal cardiovascular fitness improvements from high-intensity cardio compared to others with a more favorable genotype. This does not mean that you will not improve your fitness. You can. But you will likely see greater gains from longer, moderate-intensity workouts. Or you may benefit from endurance-based resistance workouts such as circuit training and power training.



RELATED GENES / SNPs

AMPD1, APOE

The genes and associated SNPs included in this category have been shown to have significant associations with a person's response to moderate-to-high intensity exercise.

Many factors play roles in being able to push hard without feeling overly fatigued when exercising. One reflection of fitness is oxygen capacity, also known as VO2 Max. As a person becomes fitter, their ability to take in more oxygen improves, which helps them to work out harder and longer. The greater one's VO2 Max, the more exercise they can handle since they can take in more oxygen that working muscles need during intense physical activity.

Several large studies investigating these genes had sedentary men and women do cardio exercise 3 to 4 days per week for 5 to 6 months. They used a variety of cardio machines (bike, treadmill, rowing machine, step-climber, etc.) for up to 50 minutes.

SUCCESS STRATEGIES

Your genotype suggests you might benefit most from sticking to moderate intensity workouts. Therefore, you might see better fitness results from longer endurance workouts.

Aim for more moderate-intensity cardio workouts on four or more days per week that last longer over time. Start with 20 to 30 minute sessions and work up to 60 to 90 minutes. You may want to consider training for an endurance event like a charity bike race or a 10K, half-marathon, or even a full marathon.



EXERCISE

FITNESS RESPONSE TO CARDIO

Those people with the 'unfavorable' genotype experienced smaller gains in their cardiovascular fitness from the training. They seemed to show a decreased ability to perform at higher effort levels, suggesting their optimal fitness response may be better achieved at a lower intensity of exercise.

Our analysis investigated which genotype for these genes was present in your DNA. Your rating of either **NORMAL**, **BELOW AVERAGE** OR **LOW** reflects whether your genotypes included those that carried a risk of reduced cardiovascular fitness response from moderate-to-higher intensity exercise.

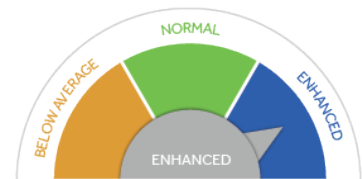


EXERCISE

BODY COMPOSITION RESPONSE TO STRENGTH TRAINING

WHAT YOUR GENES SAY ABOUT YOU:

Our analysis indicates that your genetic profile exhibits an **ENHANCED** body composition response to muscle-strengthening exercise. Your score reflects the fact that your genotype showed the 'favorable' gene combinations. This means that, in addition to improvements in strength and muscle mass, you are likely to experience weight loss and a reduction in your body fat percentage from weight training.



Your genetic profile indicates that your body composition response to strength training is **ENHANCED**.



In addition to strength improvements, you are more likely to see reductions in your body fat percentage from weight training. Make sure to include resistance exercise two to three times a week.

SUCCESS STRATEGIES

Make sure to lift weights that are heavy enough to work at a moderate-to-hard intensity, performing 2 to 3 sets of 15 to 20 repetitions of each exercise. When the exercises become easy, add more weight to continue to obtain the benefits.

Due to your enhanced genotype, you do get more accomplished with every strength training session than another genotype might, which suggests you may want to take advantage of your genotype by incorporating interval-style strength training into your cardiovascular exercise days to take full advantage of your genetic advantage.

RELATED GENES / SNPs

NRXN3, GNPDA2, LRRN6C, PRKD1, GPRC5B, SLC39A8, FTO, FLJ35779, MAP2K5, QPCTL-GIPR, NEGR1, LRP1B, MTCH2, MTIF3, RPL27A, SEC16B, FAIM2, FANCL, ETV5, TFAP2B

The genes and their associated SNPs that are included in this category all have been shown to have significant associations with a person's ability to improve their body composition and decrease their body fat percentage from resistance exercise. Resistance training, or weight training, improves strength and the amount of muscle a person has. Weight training can also reduce the percentage, and sometimes amounts, of body fat. An improved body composition, which is a higher proportion of muscle to body fat, contributes to a leaner look and, potentially, a greater number of calories burned each day.

Although resistance training alone has not



EXERCISE

BODY COMPOSITION RESPONSE TO STRENGTH TRAINING

You will experience greater fat and weight loss by incorporating cardio workouts on most days of the week.

See [What You Should Know About Exercise](#) and find ideas on how to maximize your workouts in the Exercise section of this portal.

been shown to produce clinically significant weight loss (because weights workouts do not burn as many calories as cardio), people with the more 'favorable' genotype in a large study experienced an improved ability to lose weight and reduce their body fat percentage with resistance training. Those with the 'unfavorable' genotypes showed a decreased ability to lose weight and reduce body fat percentage from resistance training. When you are trying to lose weight, it is very important to include resistance training in your routine. Resistance training can minimize or prevent that loss of muscle mass that occurs with weight loss when you are dieting.

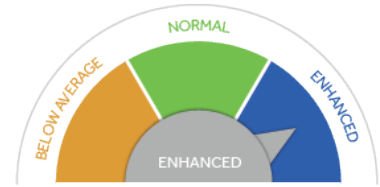
Our analysis investigated which genotype for these genes was present in your DNA. Your rating of either **ENHANCED**, **NORMAL** or **BELOW AVERAGE** reflects whether your genotypes included those that carried a risk of an enhanced or reduced body composition response to strength training.



HDL RESPONSE TO CARDIO

WHAT YOUR GENES SAY ABOUT YOU:

Our analysis indicates that your genetic profile exhibits an **ENHANCED** HDL response to cardio exercise. Your score reflects the fact that your genotype showed the 'favorable' gene combinations. This suggests that you are likely to experience a substantial beneficial boost to your HDL levels from a regular cardio exercise program.



Your genetic profile indicates that your HDL response to cardio is **ENHANCED**.

For optimal results, do cardio five or more days per week.



SUCCESS STRATEGIES

Your genotype suggests that you can successfully raise your HDL levels with regular cardio. To obtain this benefit, the key is consistency. Every workout you do will boost HDL levels, but to maintain the effect you need to exercise on a regular basis.

- Higher intensities may give you a greater boost. Aim to push past your comfort zone by moving a little harder or faster during your cardio workouts.
- What you eat is crucial to help normalize all of your cholesterol levels. A diet high in fiber-filled plant foods and low in saturated animal fats will help lower your total cholesterol, LDL cholesterol and triglyceride values.

RELATED GENES / SNPs

APOE

The gene and associated SNPs included in this category have been shown to have significant associations with a person's HDL cholesterol response to cardio exercise. HDL is a protein particle in the blood that carries cholesterol to the liver, helping to clear it from the blood. Excess cholesterol lingering in the blood can contribute to plaque that causes heart disease. So having higher levels of HDL is beneficial—which is why it's considered "good" cholesterol. Even one session of cardio exercise can boost HDL, and regular exercisers tend to have higher HDL.

This gene plays a role in the HDL response to cardio. One large study had men and women exercise for 30 to 50 minutes, 3 times a week for 5 months. Those people with the more "favorable" genotype experienced greater than average boosts to their HDL levels. Those with the 'unfavorable' genotype showed a decreased response: smaller increases in HDL.



EXERCISE

HDL RESPONSE TO CARDIO

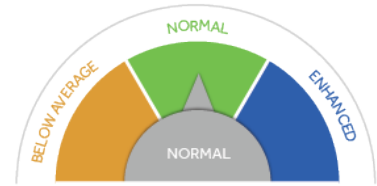
Our analysis investigated which genotype for this gene was present in your DNA. Your rating of either **ENHANCED**, **NORMAL** or **BELOW AVERAGE** reflects whether your genotypes included those that carried a risk of an enhanced or reduced HDL response to cardio exercise.



INSULIN SENSITIVITY RESPONSE TO CARDIO

WHAT YOUR GENES SAY ABOUT YOU:

Our analysis indicates that your genetic profile exhibits a **NORMAL** insulin sensitivity to cardio exercise. Your score reflects the fact that your genotype showed some of the 'unfavorable' gene combinations. This means that, while you may see improvements in insulin sensitivity from cardio, they are more likely to be small. But you should be able to improve your insulin response with workouts that are done more often and at a higher intensity.



Your genetic profile indicates that your insulin sensitivity response to cardio is **NORMAL**

Your improvement from 3 days a week of cardio exercise is likely to be small. You can maximize the effects by working out more often. Aim to exercise most days of the week and include both resistance training and higher-intensity cardio work during your workouts.



RELATED GENES / SNPs

LIPC

The gene and associated SNPs included in this category have been shown to have significant associations with a person's insulin sensitivity in response to cardio exercise. Insulin is a hormone that plays a crucial role in delivering glucose, a form of sugar, in the blood to cells in the body that use it for energy. In a healthy person, cells are sensitive to this action of insulin and blood glucose levels are kept in their optimal range. If insulin sensitivity declines, a person may become insulin resistant. This keeps blood glucose levels high and diabetes can develop.

Even one session of exercise can improve insulin sensitivity. Exercise also helps keep blood glucose levels low because exercising muscles can absorb glucose without needing insulin to do so. Exercise over time can prevent diabetes—and it can help those who already have it.

SUCCESS STRATEGIES

- Exercise frequently. The effects of exercise on glucose uptake are short-lived and the effects of a workout may wear off within two days of your last workout. Once or twice-a-week workouts aren't enough to reap this benefit from exercise. Do cardio on at least four to five days per week, but preferably on most, or all, days of the week for optimal results.
- The more in shape you are, the better your insulin response will be. That means if you stick to regular cardio exercise, you will fine tune your body's response and are likely to see long term improvements over time. It's important to identify habits you can adopt that help you to stick to your weekly workouts. Identify triggers that cause you to skip workouts and figure out how to overcome these obstacles.



EXERCISE

INSULIN SENSITIVITY RESPONSE TO CARDIO

- Resistance training has been shown to improve insulin sensitivity. Include some form of resistance training two to three times per week, targeting all the major muscle groups as part of your weekly routine.
- Weight and/or fat loss from exercise can also enhance insulin sensitivity. Follow the nutrition suggestions in the other areas of this report and enhance weight loss from exercise by getting at least 200 to 300 minutes of moderate-to-high intensity cardio exercise per week.

This gene seems to play a role in the insulin sensitivity response to cardio. One large study had men and women perform cardio exercise at a moderate- to- high intensity for 30 to 50 minutes, 3 times a week.

Those people with the more 'favorable' genotype experienced greater than average improvements in their insulin sensitivity.

Those with the 'unfavorable' genotype were less likely to improve their insulin sensitivity by exercise.

Our analysis investigated which genotype for this gene was present in your DNA. Your rating of either **ENHANCED**, **NORMAL** or **BELOW AVERAGE** reflects whether your genotypes included those that carried a risk of an enhanced or reduced insulin sensitivity response to cardio exercise.

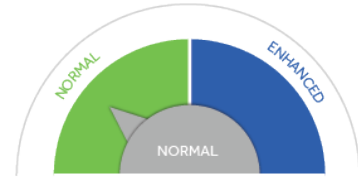


EXERCISE

GLUCOSE RESPONSE TO CARDIO

WHAT YOUR GENES SAY ABOUT YOU:

Our analysis indicates that your genetic profile exhibits a **NORMAL** glucose response to cardio exercise. Your score reflects the fact that your genotype showed the 'unfavorable' gene combinations. This means that you are likely to experience smaller decreases in glucose from doing cardio exercise at least 2 to 3 times per week.



Your genetic profile indicates that your glucose response to cardio is **NORMAL**.

You are likely to experience minimal decreases in blood glucose from cardio exercise. However, you can boost your response by exercising 4 or more days per week, by working out at higher intensities and by adding resistance training to your routine.



RELATED GENES / SNPs

PPARG

The gene and associated SNPs included in this category have been shown to have significant associations with a person's glucose response to cardio exercise. Glucose is one of the body's main sources of energy and it comes from the breakdown of carbohydrates in the diet. Brain and nerve cells, as well as red blood cells, exclusively use glucose for energy. That's why blood glucose is maintained at constant levels—so that all the cells in the body that need it can access it. If blood glucose levels rise and stay high, eventually insulin resistance and diabetes can develop. Exercise helps regulate blood glucose levels because every session of exercise uses glucose in the muscle for energy, and the blood glucose supply is then tapped into to replenish the muscle reserves.

SUCCESS STRATEGIES

Increasing the amount and intensity of exercise you do will help to improve your glucose regulation. Perform cardio on five or more days a week.

And rather than just performing moderate-intensity workouts, after you are fit enough to push a little harder, include more high-intensity minutes into your cardio workouts. Aim to work at an intensity level that leaves you slightly breathless and that feels 'hard.' After a few minutes, recover by continuing to move at an easier pace. Then pick up the intensity for a harder interval, again followed by an easier recovery interval.

- Incorporate resistance training to enhance your blood glucose response.



EXERCISE

GLUCOSE RESPONSE TO CARDIO

- What you eat also affects your blood glucose level. Increase the amount of fiber you eat by eating more whole plant foods at every meal. But make sure that these foods are unprocessed so that you obtain more nutrients and experience a lower glycemic response from the food.

This gene seems to play a role in the glucose response to cardio and appears to be a reliable indicator of whether exercise will have beneficial effects on insulin resistance. Several studies involved a variety of individuals, both diabetics and non-diabetics, performing regular cardio for 2 to 3 days per week for up to 5 months. Those people with the more 'favorable' genotype experienced greater-than-average clearance of blood glucose. Those with the 'unfavorable' genotype showed a decreased response, or smaller drop in glucose levels. People with this genotype also had a decreased weight-loss ability—they loss less weight compared to people with different genotypes.

Our analysis investigated which genotype for this gene was present in your DNA. Your rating of either **ENHANCED** or **NORMAL** reflects whether your genotypes included those that carried a risk of an enhanced or reduced glucose response to cardio exercise.

LINKS TO RELATED STUDIES:

WEIGHT LOSS - METABOLISM

Obes Res. 2002 May;10(5):394-400. doi: 10.1038/oby.2002.54.

Leptin levels, leptin receptor gene polymorphisms, and energy metabolism in women.

<https://www.ncbi.nlm.nih.gov/pubmed/12006639>

Wauters M, Considine RV, Chagnon M, Mertens I, Rankinen T, Bouchard C, Van Gaal LF

Int J Obes (Lond). 2006 Jan;30(1):183-90. doi: 10.1038/sj.ijo.0803127.

Polymorphisms in the leptin and leptin receptor genes in relation to resting metabolic rate and respiratory quotient in the Québec Family Study.

<https://www.ncbi.nlm.nih.gov/pubmed/16231024>

Loos RJ, Rankinen T, Chagnon Y, Tremblay A, Pérusse L, Bouchard C

Am J Clin Nutr. 2006 Dec;84(6):1527-33. doi: 10.1093/ajcn/84.6.1527.

Resting metabolic rate and respiratory quotient: results from a genome-wide scan in the Quebec Family Study

<https://pubmed.ncbi.nlm.nih.gov/17158439/>

Peter Jacobson, Tuomo Rankinen, Angelo Tremblay, Louis Pérusse, Yvon C Chagnon, Claude Bouchard

PLoS One. 2012;7(12):e51954. doi: 10.1371/journal.pone.0051954. Epub 2012 Dec 14.

Novel genetic loci identified for the pathophysiology of childhood obesity in the Hispanic population

<https://www.ncbi.nlm.nih.gov/pubmed/23251661>

Anthony G Comuzzie, Shelley A Cole, Sandra L Laston, V Saroja Voruganti, Karin Haack, Richard A Gibbs, Nancy F Butte

Randomized Controlled Trial Am J Clin Nutr. 2014 Feb;99(2):392-9. doi: 10.3945/ajcn.113.072066. Epub 2013 Dec 11.

Variants in glucose- and circadian rhythm-related genes affect the response of energy expenditure to weight-loss diets: the POUNDS LOST Trial

<https://pubmed.ncbi.nlm.nih.gov/24335056/>

Khadijeh Mirzaei, Min Xu, Qibin Qi, Lilian de Jonge, George A Bray, Frank Sacks, Lu Qi

WEIGHT LOSS - WEIGHT LOSS TENDENCY

Hum Hered. 2013;75(2-4):160-74. doi: 10.1159/000353181. Epub 2013 Sep 27.

Human cardiovascular disease IBC chip-wide association with weight loss and weight regain in the look AHEAD trial

<http://www.ncbi.nlm.nih.gov/pubmed/?term=24081232>

McCaffery JM, Papandonatos GD, Huggins GS, Peter I, Erar B, Kahn SE, Knowler WC, Lipkin EW, Kitabchi AE, Wagenknecht LE, Wing RR; Genetic Subgroup of Look AHEAD; Look AHEAD Research Group.

Diabetes. 2012 Nov;61(11):3005-11. doi: 10.2337/db11-1799. Epub 2012 Aug 13.

FTO genotype and 2-year change in body composition and fat distribution in response to weight-loss diets

<http://www.ncbi.nlm.nih.gov/pubmed/?term=22891219>

Zhang X, Qi Q, Zhang C, Smith SR, Hu FB, Sacks FM, Bray GA, Qi L.

Int J Obes (Lond). 2013 Dec;37(12):1545-52. doi: 10.1038/ijo.2013.54. Epub 2013 Apr 3.

FTO predicts weight regain in the Look AHEAD clinical trial

<http://www.ncbi.nlm.nih.gov/pubmed/?term=23628854>

McCaffery JM1, Papandonatos GD, Huggins GS, Peter I, Kahn SE, Knowler WC, Hudnall GE, Lipkin EW, Kitabchi AE, Wagenknecht LE, Wing RR; Genetic Subgroup of Look AHEAD; Look AHEAD Research Group.

LINKS TO RELATED STUDIES:

Diabetes. 2010 Mar;59(3):747-50. doi: 10.2337/db09-1050. Epub 2009 Dec 22.

Gene variants of TCF7L2 influence weight loss and body composition during lifestyle intervention in a population at risk for type 2 diabetes

<http://www.ncbi.nlm.nih.gov/pubmed/?term=20028944>

Haupt A, Thamer C, Heni M, Ketterer C, Machann J, Schick F, Machicao F, Stefan N, Claussen CD, Häring HU, Fritsche A, Staiger H.

Am J Clin Nutr. 2012 Nov;96(5):1129-36. doi: 10.3945/ajcn.112.038125. Epub 2012 Oct 3.

TCF7L2 genetic variants modulate the effect of dietary fat intake on changes in body composition during a weight-loss intervention

<http://www.ncbi.nlm.nih.gov/pubmed/?term=23034957>

Mattei J, Qi Q, Hu FB, Sacks FM, Qi L.

Am J Clin Nutr. 2014 Feb;99(2):392-9. doi: 10.3945/ajcn.113.072066. Epub 2013 Dec 11

Variants in glucose- and circadian rhythm-related genes affect the response of energy expenditure to weight-loss diets

<http://www.ncbi.nlm.nih.gov/pubmed/?term=24335056>

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Diabetes Care. 2012 Feb;35(2):363-6. doi: 10.2337/dc11-1328. Epub 2011 Dec 16.

Genetic predictors of weight loss and weight regain after intensive lifestyle modification, metformin treatment, or standard care in the Diabetes Prevention Program

<http://www.ncbi.nlm.nih.gov/pubmed/?term=22179955>

Delahanty LM, Pan Q, Jablonski KA, Watson KE, McCaffery JM, Shuldiner A, Kahn SE, Knowler WC, Florez JC, Franks PW; Diabetes Prevention Program Research Group.

Diabetes. 2002 Aug;51(8):2581-6.

Association of the Pro12Ala polymorphism in the PPAR-gamma2 gene with 3-year incidence of type 2 diabetes and body weight change in the Finnish Diabetes Prevention Study

<http://www.ncbi.nlm.nih.gov/pubmed/?term=12145174>

Lindi VI, Uusitupa MI, Lindström J, Louheranta A, Eriksson JG, Valle TT, Hämäläinen H, Ilanne-Parikka P, Keinänen-Kiukaanniemi S, Laakso M, Tuomilehto J; Finnish Diabetes Prevention Study.

Clin Genet. 2003 Feb;63(2):109-16.

The PPAR-gamma P12A polymorphism modulates the relationship between dietary fat intake and components of the metabolic syndrome

<http://www.ncbi.nlm.nih.gov/pubmed/?term=12145174>

Robitaille J, Després JP, Pérusse L, Vohl MC.

Clin Genet. 2003 Feb;63(2):109-16.

Interaction between a peroxisome proliferator-activated receptor gamma gene polymorphism and dietary fat intake in relation to body mass

<http://www.ncbi.nlm.nih.gov/pubmed/?term=14506127>

Memisoglu A, Hu FB, Hankinson SE, Manson JE, De Vivo I, Willett WC, Hunter DJ.

WEIGHT LOSS - WEIGHT REGAIN

Randomized Controlled Trial Int J Obes (Lond). 2013 Dec;37(12):1545-52. doi: 10.1038/ijo.2013.54. Epub 2013 Apr 3.

FTO predicts weight regain in the Look AHEAD clinical trial

<https://pubmed.ncbi.nlm.nih.gov/23628854/>

J M McCaffery, G D Papanicolaou, G S Huggins, I Peter, S E Kahn, W C Knowler, G E Hudnall, E W Lipkin, A E Kitabchi, L E Wagenknecht, R R Wing, Genetic Subgroup of Look AHEAD; Look AHEAD Research Group

LINKS TO RELATED STUDIES:

WEIGHT LOSS - SATIETY

Diabetes. 2014 Nov;63(11):3955-9. doi: 10.2337/db14-0470. Epub 2014 Jun 4.

Fat mass and obesity-associated gene (FTO) is linked to higher plasma levels of the hunger hormone ghrelin and lower serum levels of the satiety hormone leptin in older adults

<https://www.ncbi.nlm.nih.gov/pubmed/24898142>

Christian Benedict, Tomas Axelsson, Stefan Söderberg, Anders Larsson, Erik Ingelsson, Lars Lind, Helgi B Schiöth

Physiol Behav. 2018 Aug 1;192:188-193. doi: 10.1016/j.physbeh.2017.12.013. Epub 2017 Dec 9.

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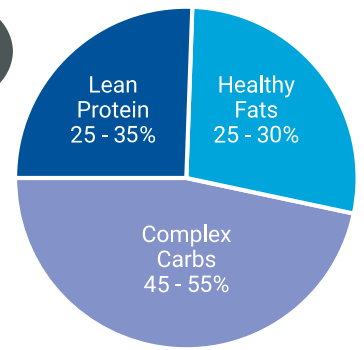
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CUSTOM MEAL PLAN

A MEAL PLAN GENETICALLY DESIGNED JUST FOR YOU



The following custom meal plan was created by combining a variety of healthy recipes with the appropriate macronutrient percentages for your genetic profile. Due to the nature of recipe sizes, the total suggested calories for each day will have some variation above or below the specific number of calories recommended for your diet, but the average daily calories for the week will approximate your suggested daily caloric intake.

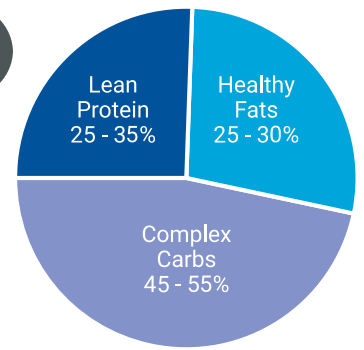
Day 1

BREAKFAST	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Cinnamon apple oatmeal	1	serving	11g	7g	51g	296
Raspberries	2	cup	3g	2g	29g	128
LUNCH	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Tuna melt patties	2	patty	51g	12g	23g	397
Zucchini spears	2 1/2	serving	8g	2g	21g	114
DINNER	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Garlic broccoli tofu	2	serving	29g	8g	43g	326
Roasted brussels sprouts	1	serving	4g	7g	10g	109
SNACK	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Popcorn	2	cup	2g	670mg	12g	61
Apples	1	medium (3" dia)	470mg	310mg	25g	95
DAY 1 TOTALS			108g	39g	216g	1526



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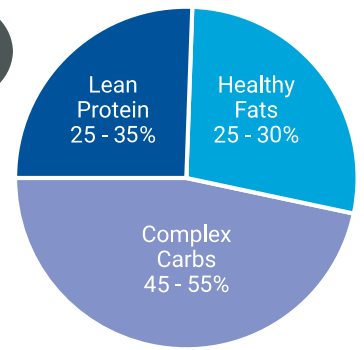
Day 2

BREAKFAST	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Cinnamon vanilla breakfast protein bites	2	serving	23g	17g	38g	376
LUNCH	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Sweet potato, kale, and shrimp skillet	2	serving	38g	17g	47g	483
DINNER	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Easy baked fish	1	serving	34g	11g	14g	302
Spiced roasted cauliflower	1	serving	5g	5g	15g	112
SNACK	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Kiwi fruit	2	fruit (2" dia)	2g	720mg	20g	84
DAY 2 TOTALS			103g	51g	134g	1357



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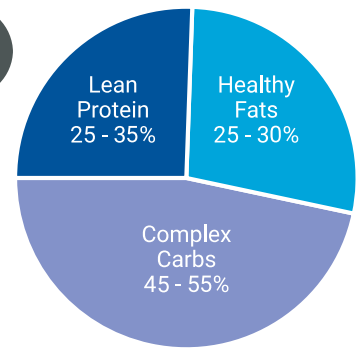
Day 3

BREAKFAST	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Spinach and mushroom breakfast scramble	1	serving	30g	5g	6g	192
LUNCH	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Chicken burrito bowl	1	serving	37g	10g	42g	392
DINNER	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Cheesy chicken and spinach	1/2	serving	31g	6g	4g	194
Baked and dressed zucchini	2 1/2	serving	7g	10g	19g	181
SNACK	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Frozen mixed berries	1 1/2	cup	2g	750mg	26g	105
DAY 3 TOTALS			106g	32g	97g	1065



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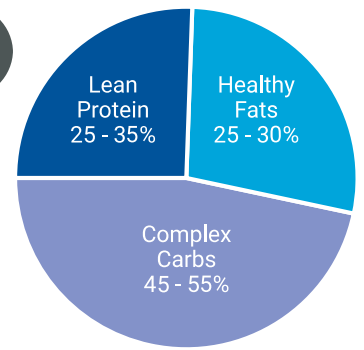
Day 4

BREAKFAST	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Pumpkin spice breakfast muffins	1	serving	6g	3g	16g	110
Apple	2	apple	950mg	620mg	50g	189
LUNCH	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Lemon garlic shrimp kebabs	2	serving	33g	20g	21g	355
DINNER	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Spinach and feta turkey burgers	1	serving	26g	13g	2g	229
Cucumber salad	4	cups	3g	670mg	18g	107
SNACK	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Cucumber	2	large (8-1/4" long)	3g	900mg	12g	67
Popcorn	2	cup	2g	670mg	12g	61
DAY 4 TOTALS			75g	39g	131g	1118



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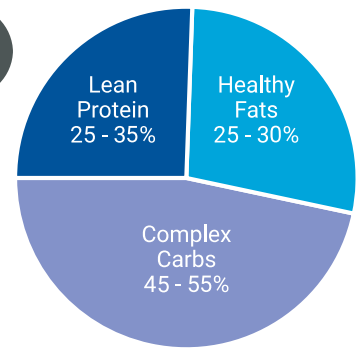
Day 5

BREAKFAST	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Poached eggs	1	serving	13g	10g	720mg	144
Blueberries	2	cup	2g	980mg	43g	169
LUNCH	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Roasted broccoli quinoa salad	1	serving	7g	26g	24g	351
DINNER	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Garlic broccoli tofu	2	serving	29g	8g	43g	326
Carrots and brussels sprouts	3/4	serving	3g	5g	11g	88
SNACK	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Raspberries	2	cup	3g	2g	29g	128
Pears	1	medium	640mg	250mg	27g	101
DAY 5 TOTALS			57g	51g	179g	1307



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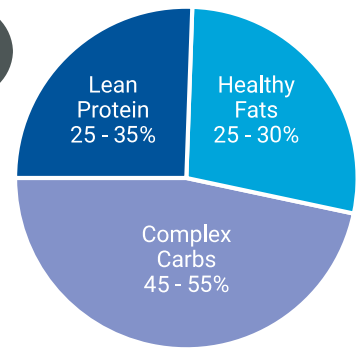
Day 6

BREAKFAST	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Paleo pancakes	1	serving	8g	5g	34g	196
Cinnamon vanilla breakfast protein bites	1	serving	12g	8g	19g	188
LUNCH	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Sweet potato, kale, and shrimp skillet	2	serving	38g	17g	47g	483
Zucchini spears	2	serving	7g	2g	17g	92
DINNER	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Cheesy chicken and spinach	1/2	serving	31g	6g	4g	194
Microwaved sweet potato	2	potato	4g	130mg	52g	224
SNACK	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Kiwi fruit	2	fruit (2" dia)	2g	720mg	20g	84
Frozen mixed berries	1	cup	1g	500mg	17g	70
DAY 6 TOTALS			102g	39g	209g	1530



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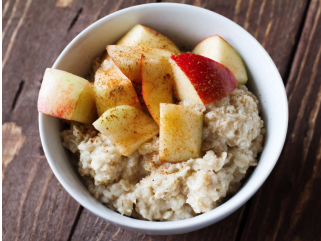


Day 7

BREAKFAST	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Omelet cupcakes	1	serving	14g	12g	4g	183
Raspberries	2	cup	3g	2g	29g	128
LUNCH	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Tuna melt patties	2	patty	51g	12g	23g	397
Microwaved sweet potato	1/2	potato	1g	30mg	13g	56
DINNER	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Braised lentils spinach	1	serving	17g	1g	38g	216
Garlic roasted cabbage	3/4	serving	2g	9g	11g	124
SNACK	QTY	MEASURE	PROTEIN	FAT	CARBS	CAL.
Blueberries	1/2	cup	550mg	240mg	11g	42
Popcorn	2	cup	2g	670mg	12g	61
DAY 7 TOTALS			91g	37g	141g	1207

Cinnamon Apple Oatmeal

This recipe is for 1 serving.



296 Calories • 51g Carbs • 7g Fat • 11g Proteins.

Ingredients:

1/2 tsp Cinnamon (1g)

1/2 cup Oatmeal (40g)

3/4 cup Whole milk (183g)

1/2 medium (3" dia) Apples (91g)

Directions:

1: Combine oats with cinnamon and milk. Stir together well.

2: Microwave for 2.5 minutes or until oatmeal is tender. Stir. Add more milk until the oatmeal is the desired consistency. Microwave 30 more seconds or until warm. Fold in the apple and enjoy!

Tuna Melt Patties

This recipe is for 1 serving.



199 Calories • 11g Carbs • 6g Fat • 25g Proteins.

Ingredients:

- 3 oz Tuna (85g)
 - 2 2/3 tbsp Oatmeal (13g)
 - 1 tbsp chopped Onions (10g)
 - 1 dash Garlic powder (388mg)
 - 14 grams Mozzarella cheese (14g)
 - 1/2 extra large Egg (28g)
-

Directions:

- 1: Mix all ingredients except cheese together in a small bowl. .
- 2: Heat a small non-stick frying pan over medium heat and spray with non-stick cooking spray.
- 3: Make two small patties by spooning a ½ of tuna mixture into each side of the pan and lightly pressing with fork to flatten into a patty.
- 4: Cook until both sides are brown.
- 5: Top with 1 tbsp. cheese and serve alone, on top of light bread, or with sides of choice

Zucchini Spears

This recipe is for 1 serving.



46 Calories • 8g Carbs • 863mg Fat • 3g Proteins.

Ingredients:

1 dash Salt (500mg)

6/7 large Zucchini (269g)

Directions:

- 1: Cut zucchini lengthwise and cut into 1/4 inch wedges.
- 2: Cook zucchini in boiling salted water until tender, about 3-5 minutes. Drain and sprinkle with salt.

Garlic Broccoli Tofu

This recipe is for 1 serving.



163 Calories • 22g Carbs • 4g Fat • 15g Proteins.

Ingredients:

4 oz Tofu (113g)

2 cup chopped Broccoli (182g)

3 tsp Garlic powder (9g)

Directions:

1: Drain and dry tofu. Cut into cubes.

2: Bring water to boil in a pot with a steam tray over top. Add broccoli and steam for 4-6 minutes until tender. Remove from heat and add to a pan over medium heat. Add tofu, sprinkle garlic, and toss until evenly heated through. Serve and enjoy.

Roasted Brussels Sprouts

This recipe is for 1 serving.



109 Calories • 10g Carbs • 7g Fat • 4g Proteins.

Ingredients:

1/4 lb Brussels sprouts (113g)

1/2 tbsp Olive oil (7g)

1 dash Salt (750mg)

1 dash Pepper (175mg)

Directions:

- 1: Preheat oven to 400°F.
- 2: Cut off the ends of the Brussels sprouts and pull off any yellow outer leaves.
- 3: Mix them in a bowl with the olive oil, salt, and pepper.
- 4: Transfer them to a sheet pan and roast for 35 to 40 minutes, until crisp outside and tender inside.
- 5: Shake the pan from time to time to brown the Brussels sprouts evenly.
- 6: Sprinkle with more kosher salt (I like these salty like French fries), if you like, and serve hot.

Cinnamon Vanilla Breakfast Protein Bites

This recipe is for 1 serving.



188 Calories • 19g Carbs • 8g Fat • 12g Proteins.

Ingredients:

3/8 tsp Cinnamon (975mg)

8 3/4 grams **Whey protein powder** (9g)

1/2 tbsp **Honey** (11g)

1/10 cup **Almond Flour** (8g)

1/2 tbsp **Peanut butter** (8g)

1 1/2 tbsp **Oatmeal** (8g)

1 dash **Vanilla extract** (263mg)

Directions:

1: Grind the oats in a food processor and transfer into a mixing bowl. Add almond meal, protein powder, cinnamon, and nut butter. Stir ingredients all together. Add in your honey and vanilla then mix again well with hands. Roll into 1-1.5 inch balls and place on cookie tray or plastic ware with parchment paper underneath.

2: Let them freeze for 20-30 minutes then transfer into a Ziploc bag. Dust with additional cinnamon and vanilla protein if desired. Keep in fridge or freezer for up to 6 weeks.

Sweet Potato, Kale, and Shrimp Skillet

This recipe is for 1 serving.



241 Calories • 23g Carbs • 8g Fat • 19g Proteins.

Ingredients:

- 1/2 tbsp Olive oil (7g)
 - 1/4 cup, chopped Onions (40g)
 - 1/4 tsp Crushed red pepper flakes (80mg)
 - 1/2 cloves, minced Garlic (2g)
 - 1/2 cup, cubes Sweet potato (67g)
 - 4 oz Shrimp (113g)
 - 3/4 cup, chopped Kale (50g)
 - 1 dash Pepper (25mg)
 - 1 dash Salt (100mg)
-

Directions:

- 1: In a saucepan, add the extra virgin olive oil over medium heat. Add chopped onions and red pepper flakes. Cook until onions are soft and golden.
- 2: Add garlic and cook for about 30 seconds. Add chopped sweet potato and cook until soft, about 10-15 minutes. If needed, add a few tablespoons of water to help steam the sweet potatoes.
- 3: Add shrimp and cook for 2-3 minutes, or until they turn pink. Turn the heat to low and add kale, stirring until wilted. Season to taste with salt and pepper.
- 4: Enjoy!

Easy Baked Fish

This recipe is for 1 serving.



302 Calories • 14g Carbs • 11g Fat • 34g Proteins.

Ingredients:

3/4 tbsp Honey (16g)

3/4 tbsp Dijon mustard (11g)

1/4 tsp Lemon juice (1g)

6 oz Atlantic salmon (170g)

1 dash Pepper (263mg)

Directions:

1: Preheat oven to 325 degrees F (165 degrees C).

2: In a small bowl, mix honey, mustard, and lemon juice. Spread the mixture over the salmon steaks. Season with pepper. Arrange in a medium baking dish.

3: Bake 20 minutes in the preheated oven, or until fish easily flakes with a fork.

Spiced roasted cauliflower

This recipe is for 1 serving.



112 Calories • 15g Carbs • 5g Fat • 5g Proteins.

Ingredients:

1/4 head large (6-7" dia.) **Cauliflower** (210g)

1/2 tbsp, ground **Cumin** (5g)

1/2 tbsp **Turmeric** (3g)

3/4 tsp **Vegetable oil** (4g)

1/4 tsp **Salt** (2g)

1/4 tsp **Pepper** (525mg)

Directions:

- 1: Pre heat oven to 400 degrees.
- 2: Cut cauliflower into florets.
- 3: toss cauliflower and spices in a bowl with vegetable oil.
- 4: Lay on a sheet tray and roast until golden brown.

Spinach and Mushroom Breakfast Scramble

This recipe is for 1 serving.



192 Calories • 6g Carbs • 5g Fat • 30g Proteins.

Ingredients:

1 tsp Coconut oil (5g)

1 clove, minced **Garlic** (3g)

1 cup, pieces or slices **Mushrooms** (70g)

1 cup **Egg white** (243g)

1 cup **Spinach** (30g)

Directions:

1: Add coconut oil, garlic, and mushrooms to pan over medium heat.

2: Once mushrooms are slightly softened, add egg whites and mix well. When egg whites are almost cooked, add spinach and stir until spinach is wilted. Serve immediately and enjoy.

Chicken Burrito Bowl

This recipe is for 1 serving.



392 Calories • 42g Carbs • 10g Fat • 37g Proteins.

Ingredients:

- 1/4 spray, about 1/3 second **Pam cooking spray** (75mg)
 - 4 oz **Chicken breast** (113g)
 - 1/4 fruit, without skin and seed **Avocados** (34g)
 - 1 cup shredded **Lettuce** (47g)
 - 1/4 medium (approx 2-3/4" long, 2-1/2" dia) **Green bell pepper** (30g)
 - 1/2 medium whole (2-3/5" dia) **Tomatoes** (61g)
 - 1/2 can (12 oz) yields **Corn** (106g)
 - 4/9 cup **Canned black beans** (108g)
-

Directions:

- 1: Heat a grill pan over medium-high heat. Spray with non-stick spray. Add chicken to the pan and cook 5-8 minutes per side until cooked through and no longer pink. Let rest 5 minutes before chopping into bite sized pieces; set aside.
- 2: Chop avocado, lettuce, green pepper, and tomato. Toss together in a bowl with the tomatoes, corn, beans, and chicken. Serve and enjoy!

Cheesy Chicken and Spinach

This recipe is for 1 serving.



508 Calories • 8g Carbs • 25g Fat • 62g Proteins.

Ingredients:

- 1 tbsp Olive oil (14g)
 - 2 half breast (fillet) **Chicken breast** (236g)
 - 1 cup **Spinach** (30g)
 - 1 cup cherry tomatoes **Cherry tomatoes** (149g)
 - 1 oz **Mozzarella cheese** (28g)
-

Directions:

- 1: Heat olive oil in a skillet over medium-high heat. Add chicken, cooking about 5-7 minutes. Flip chicken and continue to cook another 5-7 minutes until internal temperatures reaches 165F.
- 2: While the chicken is cooking, cut up tomatoes and spinach in to bite sized pieces.
- 3: Sauté vegetables in pan, season with garlic and salt as desired.
- 4: Shred or grate preferred cheese, like mozzarella, and add to pan.
- 5: When chicken is done cooking remove it from heat. You can either smother the chicken or stuff it with the vegetables mix.

Baked and Dressed Zucchini

This recipe is for 1 serving.



73 Calories • 8g Carbs • 4g Fat • 3g Proteins.

Ingredients:

2 small Zucchini (236g)

3/4 tsp Olive oil (3g)

1 dash Salt (100mg)

1 dash Pepper (25mg)

1/2 tbsp Red wine vinegar (7g)

1 tbsp Peppermint (2g)

Directions:

1: Preheat oven to 400 degrees F.

2: Give the zucchini a good wash and pat dry. In a baking dish, toss the zucchini with the olive oil and a generous dash of salt and pepper.

3: Bake the zucchini for 15 minutes until soft and skin has blistered.

4: Once out of the oven, dress with a couple of splashes of red wine vinegar and the chopped mint. Add more olive oil and salt/pepper if desired.

Pumpkin Spice Breakfast Muffins

This recipe is for 1 serving.



110 Calories • 16g Carbs • 3g Fat • 6g Proteins.

Ingredients:

- 2/3 tbsp Pumpkin (10g)
 - 1 tbsp Maple syrups (20g)
 - 1/2 extra large Egg (28g)
 - 1 tbsp Sunflower seed flour (4g)
 - 1 dash Cinnamon (217mg)
 - 1 dash Ginger (75mg)
 - 1 dash Cloves (44mg)
 - 1 dash Baking soda (288mg)
 - 1 dash Vinegar (417mg)
-

Directions:

- 1: Preheat the oven to 350 degrees F and line a standard muffin tin with 12 parchment or silicone baking cups. In a large mixing bowl, combine all of the ingredients and stir well with a whisk to break up any clumps.
- 2: Divide the batter into the 12 baking cups, then bake for 25 to 30 minutes, until the edges are golden and the centers are firm. Allow to cool in the pan for 10 minutes, then transfer to a wire rack to cool completely.
- 3: Store the muffins in a sealed container in the fridge for up to one week, or in the freezer for up to 6 months. Enjoy!

Apple

This recipe is for 1 serving.



95 Calories • 25g Carbs • 309mg Fat • 473mg Proteins.

Ingredients:

1 medium (3" dia) Apples (182g)

Directions:

1: Simply wash and enjoy, or core and slice the apple for easier eating.

Lemon Garlic Shrimp Kebabs

This recipe is for 1 serving.



177 Calories • 10g Carbs • 10g Fat • 17g Proteins.

Ingredients:

- 4 oz **Shrimp** (113g)
 - 2/3 fruit without seeds **Lemons** (72g)
 - 1/10 stick **Butter** (11g)
 - 2/3 tbsp **Lemon juice** (10g)
 - 2/3 cloves, minced **Garlic** (2g)
 - 1/10 tsp, ground **Oregano** (150mg)
 - 1/10 tsp, leaves **Thyme** (83mg)
 - 1/10 tsp, ground **Basil** (117mg)
 - 1 dash **Salt** (67mg)
 - 1 dash **Pepper** (17mg)
 - 1/3 tbsp **Parsley** (1g)
-

Directions:

- 1: Preheat oven to 450 degrees F. Lightly oil a baking sheet or coat with nonstick spray.
- 2: Thread shrimp and lemon halves onto skewers. Place skewers onto the prepared baking sheet. Place into oven and roast just until pink, firm and cooked through, about 5-7 minutes.
- 3: Melt butter in a medium skillet over medium high heat. Stir in lemon juice, garlic, oregano, thyme, and basil until fragrant, about 2 minutes; season with salt and pepper, to taste.
- 4: Serve shrimp skewers immediately, brushed with butter mixture and garnished with parsley, if desired.

Spinach and Feta Turkey Burgers

This recipe is for 1 serving.



229 Calories • 2g Carbs • 13g Fat • 26g Proteins.

Ingredients:

- 1/4 large Egg (13g)
- 3/8 tsp Garlic (1g)
- 1/2 oz Feta cheese (14g)
- 3/5 cup Spinach (17g)
- 1/4 lb Ground turkey (114g)

Directions:

- 1: Preheat grill or skillet to medium.
- 2: Mix together beaten egg, minced garlic, crumbled feta cheese, chopped spinach, and turkey in a large bowl until well combined; form into patties.
- 3: Cook until patties are no longer pink in the center., about 5-10 minutes per side. Enjoy!

Cucumber Salad

This recipe is for 1 serving.



53 Calories • 9g Carbs • 333mg Fat • 2g Proteins.

Ingredients:

1 1/2 cup, sliced **Cucumber** (179g)

1/2 small **Onions** (35g)

1/4 cup **Vinegar** (60g)

1 cloves, minced **Garlic** (3g)

1 tsp **Thyme** (800mg)

1 dash **Stevia Sweetener** (125mg)

Directions:

1: Slice cucumbers about ¼ inch thick and add to a bowl.

2: Thinly slice a red onion and add to bowl.

3: Add apple cider vinegar, garlic, fresh thyme, and 2 pinches of stevia to a blender and blend to smooth consistency.

4: Pour vinegar mixture over the ingredients in the bowl.

5: Toss and let sit overnight (it's good right away, but it tastes even better when the ingredients hang out together for awhile). Toss a bit before serving.

Poached Eggs

This recipe is for 1 serving.



144 Calories • 723mg Carbs • 10g Fat • 13g Proteins.

Ingredients:

2 large Egg (100g)

1 tsp Vinegar (5g)

3/4 tsp Salt (5g)

Directions:

- 1: Add a small dash of vinegar and salt to a pan of steadily simmering water.
- 2: Crack eggs individually into a small cup.
- 3: Create a gentle whirlpool in the water to help the egg white wrap around the yolk.
- 4: Slowly tip the egg into the water, white first. Leave to cook for three minutes.
- 5: Remove with a slotted spoon, cutting off any wispy edges using the edge of the spoon.

Blueberries

This recipe is for 1 serving.



84 Calories • 21g Carbs • 488mg Fat • 1g Proteins.

Ingredients:

1 cup Blueberries (148g)

Directions:

1: Wash and enjoy

Roasted Broccoli Quinoa Salad

This recipe is for 1 serving.



351 Calories • 24g Carbs • 26g Fat • 7g Proteins.

Ingredients:

- 2 tbsp Quinoa (21g)
 - 1/8 bunch Broccoli (76g)
 - 1 1/2 tbsp Olive oil (20g)
 - 3/8 tsp Dijon mustard (2g)
 - 3/4 tsp Maple syrups (5g)
 - 1/10 lemon yields Lemon juice (3g)
 - 1/8 cloves, minced Garlic (375mg)
 - 1/10 cup, whole Almonds (9g)
 - 1 dash Salt (50mg)
 - 1 dash Pepper (13mg)
-

Directions:

- 1: Preheat the oven to 425 degrees F. Line a baking sheet with foil. Chop broccoli into uniform-size pieces and set aside.
- 2: Cook quinoa according to package directions using water, then set aside.
- 3: Toss broccoli florets in a drizzle of the olive oil, and place on the baking sheet. Season with salt and pepper. Roast for 20-30 minutes, or until the broccoli is tender and golden.
- 4: Meanwhile, make the dressing. Combine dijon, maple syrup, lemon, garlic, and remaining olive oil in a small bowl or cup and whisk together to combine. The dressing will be thick. Season with salt and pepper to taste. Set aside. Chop almonds at this time as well and set aside.
- 5: When the broccoli is roasted, carefully pour it into a food processor. Pulse a couple of times until small pieces of broccoli remain, being careful not to over-chop.
- 6: In a large bowl, combine quinoa and pulsed broccoli. Pour dressing on top, and mix to combine. Add chopped almonds. Serve warm, at room temperature, or cold!

Carrots and Brussels Sprouts

This recipe is for 1 serving.



117 Calories • 15g Carbs • 6g Fat • 3g Proteins.

Ingredients:

9/10 tbsp **Water** (13g)

1/2 tsp **Vinegar** (2g)

1/2 tbsp **Butter** (7g)

1/5 lb **Brussels sprouts** (76g)

1 dash **Pepper** (175mg)

1 dash **Salt** (750mg)

1/3 tbsp chopped **Shallots** (3g)

3/5 cup chopped **Carrots** (75g)

Directions:

1: PREPARATION: Chop shallot. Cut carrot diagonally into 1/2-inch-thick pieces. Halve brussel sprouts lengthwise.

2: Cook shallot in 2 tablespoons butter in a 12-inch heavy skillet over medium-high heat, stirring occasionally, until softened, 1 to 2 minutes. Add carrots, Brussels sprouts, 3/4 teaspoon salt, and 1/2 teaspoon pepper and cook, stirring occasionally, until vegetables begin to brown, 3 to 4 minutes.

3: Add water and cover skillet, then cook over medium-high heat until vegetables are tender, 5 to 8 minutes. Stir in vinegar, remaining tablespoon butter, and salt and pepper to taste.

Paleo Pancakes

This recipe is for 1 serving.



196 Calories • 34g Carbs • 5g Fat • 8g Proteins.

Ingredients:

1 medium (7" to 7-7/8" long) **Banana** (118g)

1 large **Egg** (50g)

3 tsp **Cinnamon** (8g)

Directions:

- 1: Mash the banana, and then whisk together with the egg and cinnamon.
- 2: Heat a non-stick pan over medium heat. Pour batter onto the pan.
- 3: Cook for about 2 minutes on each side or until golden brown. Enjoy!

Microwaved sweet potato

This recipe is for 1 serving.



112 Calories • 26g Carbs • 65mg Fat • 2g Proteins.

Ingredients:

1 sweetpotato, 5" long Sweet potato (130g)

Directions:

1: Wash potatoes and puncture a few times with a fork. Place on paper towel on microwave-safe dish. Microwave on high for 4-5 minutes for the first potato, plus 2-3 minutes for each additional potato. Flip potatoes over halfway through cooking. Season as desired (won't change nutrition much).

2: If you have more time, you can also bake them at 425F for 50 minutes, or even microwave them first and then bake for 10-15 minutes.

Omelet Cupcakes

This recipe is for 1 serving.



183 Calories • 4g Carbs • 12g Fat • 14g Proteins.

Ingredients:

- 2 strip cooked **Bacon** (16g)
 - 1 1/3 large **Egg** (67g)
 - 1/10 cup, chopped **Green bell pepper** (12g)
 - 1/5 cup, chopped **Onions** (27g)
 - 1 dash **Salt** (250mg)
 - 1 dash **Pepper** (44mg)
 - 1/2 tbsp **Water** (7g)
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Directions:

- 1: Cook bacon in a sauté pan over medium heat until desired crispiness is reached. Drain on paper towels, chop, and set aside.
- 2: Preheat oven to 350 degrees F. Grease 8 muffin cups or line with paper liners.
- 3: Beat eggs together in a large bowl.
- 4: Mix bacon, bell pepper, onion, salt, black pepper, and water into the beaten eggs. Pour egg mixture evenly into prepared muffin cups.
- 5: Bake in the preheated oven until muffins are set in the middle, 18 to 20 minutes.

Braised Lentils Spinach

This recipe is for 1 serving.



216 Calories • 38g Carbs • 1g Fat • 17g Proteins.

Ingredients:

- 1/4 cup **Lentils** (48g)
 - 1 cup **Water** (237g)
 - 1/4 tsp **Turmeric** (550mg)
 - 1/4 tsp **Garlic powder** (775mg)
 - 1/4 tsp **Salt** (2g)
 - 1/5 tsp, ground **Pepper** (400mg)
 - 1/2 package (10 oz) **Spinach** (142g)
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Directions:

- 1: Add the dried lentils into a non stick pan with a lid and cover with at least 2-3 cups of water.
- 2: Add the spices and simmer, while covered for 20 minutes over medium heat. Check often to make sure there is still a lot of water inside.
- 3: Uncover and add the frozen spinach directly to the pan; add additional water to cover. Cover and continue to simmer for another 15 minutes.
- 4: Uncover, stir, and continue to simmer until the water has completely evaporated (usually another 5-10 minutes). Season to taste with additional salt/pepper.
- 5: Serve and enjoy!
- 6: Recipe inspired by: <http://www.ahueats.com/2015/11/braised-lentils-spinach.html>

Garlic Roasted Cabbage

This recipe is for 1 serving.



165 Calories • 14g Carbs • 12g Fat • 3g Proteins.

Ingredients:

1/4 head, medium (about 5-3/4" dia) **Cabbage** (227g)

7/8 tbsp **Olive oil** (12g)

3/4 clove **Garlic** (2g)

1/4 tsp **Marjoram** (150mg)

1 dash **Salt** (100mg)

1 dash **Pepper** (25mg)

Directions:

1: Slice cabbage vertically into large rounds about 3/4" to 1" thick. Preheat oven to 425 degrees.

2: Line a baking sheet with parchment paper or foil. Pour olive oil into a small bowl then press garlic through a garlic crusher into bowl (or mince), stir well to infuse garlic flavor then pour and press mixture through a fine mesh strainer into another bowl to remove garlic pieces. Stir marjoram into oil mixture.

3: Lay cabbage wedges on prepared baking sheet and brush both sides with olive oil mixture and season with salt and pepper. Roast in preheated oven 15 minutes then carefully rotate and roast 15 minutes longer (if you don't want the slightly charred edges you can cover with foil during last 10 minutes). Enjoy!



A EXERCISE PLAN GENETICALLY DESIGNED JUST FOR YOU

Your exercise genotype suggests that you may benefit from the following exercise prescription. You can personalize your plan according to the facilities and equipment you have. Below are 5 examples of what your weekly workout plan might look like. These are simple examples based on your personalized exercise recommendation. Look at your synopsis in the top boxes and choose the type of workouts that best suit you to create a weekly plan. For example, if you work out at a health club or you have cardio machines at home, you can design a plan that looks like Gym – Cardio Machines. If you belong to a club that offers fitness classes (or if you have fitness DVDs at home), you can design your weekly workouts to look something like Gym – Fitness Classes. If you like to keep it simple by walking and using minimal equipment, use some dumbbells or exercising resistance bands and walk outside with a routine that looks like Home - Walk. If you want a higher intensity workout at home, try Home – Run+Bike. If you alternate your workouts between exercising at home and at the gym, format your workout week to look something like Mix – Home+Gym. The activities shown in each week are only suggestions. If Dance Fitness classes or Kickboxing classes are not for you, then substitute another cardio workout that you would enjoy. You can (and should) choose activities that you love to do and that are suited for your personal needs and preferences. But also, be adventurous and try new activities on occasion.

- These sample plans are based on attaining at least the minimum number of recommended minutes of exercise per week that is indicated in your personalized exercise prescription. If your prescription suggests that you need to get at least 150 minutes per week, one sample week may list workouts that total 150 cardio exercise minutes, another week may add up to 165 minutes. You can modify as needed - remember to build up to greater amounts of exercise slowly if you are new to exercise. For optimal results, this amount of exercise can (and should) be increased as you get fitter and when you have extra time to exercise. The more exercise minutes you perform, the greater your weight loss potential. To increase the number of exercise minutes you get in each week, add in extra sessions or make your sessions longer (or both!)
- Perform at the recommended intensity by adjusting your speed, incline, level of resistance, etc. If your prescription says to exercise at a moderate-to-vigorous intensity, for example, you might alternate effort levels within one workout (walk faster, then slower in one session), or you might have one moderate-intensity day where you workout at a moderate level on the elliptical trainer and then have a vigorous intensity workout on another session where you walk fast uphill or you take a spin class (indoor cycling tends to be intense.)
- The 2008 DHHS Physical Activity Guidelines recommend to perform moderate or high intensity muscle-strengthening moves that target all major muscle groups (shoulders, arms, chest, abdomen, back, rear end, thighs and calves) on 2 or more days a week. Use weights that are heavy enough to fatigue you by the end of each set. Perform the recommended number of reps and sets during your strength workouts. For example, when using dumbbells at home or weight machines at the gym, choose exercises that target your major muscles in your upper and lower body and do 2 to 3 sets of 8 to 15 reps.



CUSTOM EXERCISE PLAN

- Incorporate the special types of workouts indicated in your exercise recommendation. For example, you might be recommended to try HIIT (high-intensity interval training) or to use kettlebells or to follow a barbell-based muscle strength and endurance workout. HIIT, or high-intensity interval training, is a training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. This type of training gets and keeps your heart rate up and burns more fat in less time.
- Fit in your strength workouts on the same day or different days as your cardio workouts. Although the minutes that you spend doing strength exercises do add up and can count towards total exercise minutes, strength workouts tend not to burn as many calories as a cardio workout. For optimal weight loss results, we have counted only cardio exercise minutes as minutes that meet your exercise prescription quota.
- At the gym, you may want to lift free weights, use weight machines or take a weights class. At home, you may want to use dumbbells or bands by following a fitness video.
- You can also try other forms of strength workouts at the gym or at home (kettlebells, barbell classes, circuit training, etc.). Your exercise recommendation may suggest some specific workout activities. If you have access to these (i.e., if you have the equipment at home or in a gym, or if you have access to the class types at a club or by DVD), try them. If you do not, substitute with a similar activity if you can.
- Your home workouts can be designed based on the equipment you have: treadmill, bike, elliptical trainer, dumbbells, bands, etc.



CUSTOM EXERCISE PLAN

CARDIO EXERCISE

STRENGTH TRAINING

FREQUENCY

More than or equal to 3-4 days per week

INTENSITY

Moderate to vigorous

FREQUENCY

2-3 days per week

SETS & REPS

2-3 sets; 15-20 reps

DURATION

More than or equal to 200-300 minutes per week

MUSCLE GROUPS

Chest, back, legs, shoulders, core (abs and low back), arms

GYM MACHINES

* description included

Day 1

* Treadmill Walk HIIT - 75 minutes

Day 2

Elliptical Trainer - 75 minutes

Weight Machines - 2-3 sets; 15-20 reps

Day 3

Day 4

Bike - 75 minutes

Day 5

Day 6

* Treadmill Walk HIIT - 75 minutes

Weight Machines - 2-3 sets; 15-20 reps

Day 7



CUSTOM EXERCISE PLAN

CARDIO EXERCISE

STRENGTH TRAINING

FREQUENCY

More than or equal to 3-4 days per week

INTENSITY

Moderate to vigorous

FREQUENCY

2-3 days per week

SETS & REPS

2-3 sets; 15-20 reps

DURATION

More than or equal to 200-300 minutes per week

MUSCLE GROUPS

Chest, back, legs, shoulders, core (abs and low back), arms

GYM FITNESS CLASSES

* description included

Day 1

* Dance Fitness Class - 75 minutes

Day 2

Weight Class - 2-3 sets; 15-20 reps

Day 3

* Dance Fitness Class - 75 minutes

Day 4

Day 5

Spin Class - 75 minutes

Weight Class - 2-3 sets; 15-20 reps

Day 6

* Dance Fitness Class - 75 minutes

Weight Class - 2-3 sets; 15-20 reps

Day 7



CUSTOM EXERCISE PLAN

CARDIO EXERCISE

STRENGTH TRAINING

FREQUENCY

More than or equal to 3-4 days per week

INTENSITY

Moderate to vigorous

FREQUENCY

2-3 days per week

SETS & REPS

2-3 sets; 15-20 reps

DURATION

More than or equal to 200-300 minutes per week

MUSCLE GROUPS

Chest, back, legs, shoulders, core (abs and low back), arms

HOME WALK

* description included

Day 1

* Walk HIIT - 75 minutes

Day 2

Walk - 75 minutes

Day 3

Day 4

Walk - 75 minutes

Day 5

Day 6

Walk - 75 minutes

* Dumbbells - 2-3 sets; 15-20 reps

Day 7



CUSTOM EXERCISE PLAN

CARDIO EXERCISE

STRENGTH TRAINING

FREQUENCY

More than or equal to 3-4 days per week

INTENSITY

Moderate to vigorous

FREQUENCY

2-3 days per week

SETS & REPS

2-3 sets; 15-20 reps

DURATION

More than or equal to 200-300 minutes per week

MUSCLE GROUPS

Chest, back, legs, shoulders, core (abs and low back), arms

HOME RUN + BIKE

* description included

Day 1

Run - 75 minutes

* Dumbbells - 2-3 sets; 15-20 reps

Day 2

Day 3

* Bike HIIT - 75 minutes

Day 4

Bike - 75 minutes

* Dumbbells - 2-3 sets; 15-20 reps

Day 5

Day 6

* Run/Walk HIIT - 75 minutes

Day 7



CUSTOM EXERCISE PLAN

CARDIO EXERCISE

STRENGTH TRAINING

FREQUENCY

More than or equal to 3-4 days per week

INTENSITY

Moderate to vigorous

FREQUENCY

2-3 days per week

SETS & REPS

2-3 sets; 15-20 reps

DURATION

More than or equal to 200-300 minutes per week

MUSCLE GROUPS

Chest, back, legs, shoulders, core (abs and low back), arms

MIX HOME + GYM

* description included

Day 1

Spin Class - 75 minutes

Weight Class - 2-3 sets; 15-20 reps

Day 2

* Walk/Jog HIIT - 75 minutes

Day 3

Day 4

Elliptical Trainer - 75 minutes

* Dumbbells - 2-3 sets; 15-20 reps

Day 5

Day 6

Run - 75 minutes

Day 7



DEFINITIONS

WHAT IS HIIT?

HIIT, or high intensity interval training, is a way to structure any cardio workout that involves alternating high and low intensity intervals of movement. After warming up, a high intensity interval is performed for 30 seconds or longer. This is followed by a recovery interval where the same activity is performed at an easier, low intensity for 30 seconds and up to 5 minutes or longer. This is in contrast to a steady-state cardio workout where an activity is performed at a similar effort level over a sustained period of time.

How long each high and low intensity interval lasts depends on fitness level. A trained person can perform longer high intensity intervals and may not need as much time to recover during lower intensity intervals. A person new to exercise should perform very short high intensity intervals (~30 seconds to 1 minute) followed by longer low intensity intervals. (~2 minutes or longer.) HIIT can be applied to any type of cardio workout including walking, running, cycling, etc. Any indoor cycling class such as 'Spinning' is usually formatted to alternate between higher and lower intensity intervals.

DANCE FITNESS CLASS

Dance fitness is a form of cardiovascular exercise that uses dance moves to increase the heart rate. Variations of intensity and heart rate elevation depends on dance moves involved, tempo, and personal expression of the moves. Classes are typically offered in many gyms under various names.

WHAT ARE DUMBBELL / BARBELL CLASSES?

Barbell classes are resistance training classes that use barbells, as well as dumbbells. Typically, these classes use light weight and perform a high number of repetitions. One set of exercises lasts several minutes longer than traditional strength training approaches. So there is a greater focus on muscular endurance in these workouts. One branded class of this type is known as Body Pump, but many gyms offer similar workouts under different names.
