GeneticCode For Life.com

GenAthlete – Personal Report

Peak Athletic Performance Program

Prepared for: Sample

Welcome to Your GenAthlete Personal Report

GenAthlete Personal Report
March 18, 2020

Congratulations! You are holding in your hands the codes to unlock insights about your body that, up until now, have never been available. The science of the human body only recently has evolved enough to allow scientists to identify and analyze a person's DNA. This program not only provides you with a roadmap of your specific genes, but also gives direction on how you can potentially optimize your fitness and performance with this knowledge.

As an active, athletic adult, you carve out the time (and often make sacrifices) to prioritize exercise in your life. Whether your main motivation is being strong and having enough endurance to enjoy an active life; you like to participate in recreational sports and hobbies like skiing, soccer, and hiking; and/or you have aspirations to qualify for the Boston marathon, compete in a CrossFit competition, or even cross the finish line of an Ironman triathlon, you do the hard work to train your body to perform.

The explosion of technology designed to monitor your activity and fitness has made it easier than ever to plan and track your workouts. The Internet is filled with training plans. There are literally dozens of apps you can download that tell you what to eat and how to train to achieve your goals. Heart rate monitors let you track your workout intensity, while GPS equipped motion sensors tell you how fast and far you've gone. You can even buy sensors that evaluate your resting heart rate and tell you when you need to rest and when you're ready to go hard. However, tracking alone doesn't help you choose the type of training that will unlock your highest personal potential or the food that fuels you best or if you're more likely to get injured following a certain regimen.

It's no secret that not every workout plan and nutritional approach will work for every person. What has been secret until now is how to figure out the ones that most closely match your personal make up and maximize your potential. Your report will help you to better understand the factors that can affect how your body works to get the most from your exercise and training time and efforts.

This report will provide you with results in 4 key areas that can affect the way your body responds to training. It includes in- depth analysis of your genotype for certain key genes that are related to what type of athlete you are; your predicted training response, optimum strategies for fueling for activity and fat burning; and your recovery and risk for injury.

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 Traits Were Analyzed?

To produce your results, this program looks at genes that are related to 4 major categories: Mental & Physical Foundation; Training Response; Fuel Utilization, and Recovery & Risk for Injury. Some of the results are directly related to your cardiovascular and strength foundation and "trainability"—what types of exercise suit your genotype best. Some results are related to how to optimize your training by way of fueling, recovery, and risk management. Other results are relevant because they can affect your motivation and behaviors that support your workouts and training.

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 have only 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 training, fueling, and recovery tips based on the potential implications of these results. In most cases, the outcomes for a genotype are a response to a specific fueling strategy or exercise prescription.

For example, in the case of cardiovascular exercise response, we review the body of literature, pulling the most well- conducted, relevant studies. One large study may follow participants who performed 50 minutes of cardiovascular training 3 to 4 days per week for 5 to 6 months. Participants may have differed in their response to this regimen based on their genetics. Some may have experienced greater fitness gains, while others experienced smaller gains and showed a decreased ability to perform at higher effort levels. If your result suggests a more unfavorable response, this doesn't mean that you cannot improve your fitness performing cardiovascular exercise. You may simply need a slightly different approach to get more favorable results. That's where many exercisers get stuck, attempting to discern just what the ideal approach may be. But we have evaluated your potential genetic response and provided suggestions on how to enhance it based on evidence-grounded research recommendations, as well as the experience of our medical team.

This program uses the best available research on which to base your results. We have established stringent criteria for studies that we use 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, in addition to other high quality research, to calculate a score for the different genes or gene combinations for

all genes tested. There is still much to learn in the field of genetic analysis. We are choosing 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 you with 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 performance and training response to exercise, nutrition, and lifestyle behaviors (e.g., how you might be affected by different exercise modalities and fueling strategies). Keep in mind that if your results show the presence of certain genotypes and your result suggests that you will exhibit either an "enhanced" or "below average" response, 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 training or performance trait, it does not mean that you will, in fact, express that trait.

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 odds 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 training, nutrition, and behaviors to maximize this information could make a difference in getting better results from your training and fueling. We provide personalized suggestions that may help you achieve the best results from your fitness and training 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 training response and body composition, as well as evidence-based guidelines that suggest the most effective strategies for optimum performance. All of this information combined is used to determine which training and diet strategies and lifestyle behavioral changes may be most helpful to reach your goals.

What You'll Learn About You

On the following pages, you will see a summary of your results. You'll learn what your genotypes suggest about your ability to make muscle in response to strength training, to boost your VO2 Max (a gold standard measure of physical fitness) in response to cardiovascular workouts, to burn fat, and to use carbs and protein. You also will gain insights into your intrinsic motivation to exercise; your sensitivity to caffeine; your ability to recover and minimize inflammation; your injury risk, and more. Your analyzed genotype results are followed by a detailed explanation and success strategy. Our medical team has evaluated your potential response and taken into account what evidence-based research recommendations on nutrition, training, and lifestyle behaviors suggest are the best approach for optimum performance 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 all your hard work. 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

MENTAL AND PHYSICAL FOUNDATION

Intrinsic Motivation To Exercise	MORE LIKELY	BDNF
Addictive Behavior And Stimulus Control	LESS LIKELY	DRD2
Power and Endurance Potential	HIGHER ENDURANCE	ACTN3, AGT, IL-6, NOS3, ACE, FTO, IGF1, GNB3, IL6-174
Grip Strength and Muscular Fitness	ABOVE AVERAGE	TGFA, POLD3, ERP27, HOXB3, GLIS1, PEX14, LRPPRC, MGMT, SYT1, HLA, GBF1, KANSL1, SLC8A1, ACTG1, DEC1, IGFS9B
Testosterone Levels	LESS LIKELY	SHBG

TRAINING RESPONSE

VO2 Max	NORMAL	AMPD1, APOE
Exercise Heart Rate Response	ABOVE AVERAGE	CREB1
Exercise Stroke Volume	ABOVE AVERAGE	KIF5B
		NRXN3, GNPDA2, LRRN6C, PRKD1, GPRC5B,

Body Composition Response To Strength Training	ENHANCED	SLC39A8, FTO, FLJ35779, MAP2K5, QPCTL-GIPR, NEGR1, LRP1B, MTCH2, MTIF3, RPL27A, EC16B, FAIM2, FANCL, ETV5, TFAP2B

FUEL UTILIZATION

Protein Utilization	ENHANCED	FTO
Fat Utilization	NORMAL	PPARG, TCF7L2, APOA5, CRY2, MTNR1B, PPM1K
Carb Utilization	ENHANCED	IRS1
Caffeine Metabolism	NORMAL	AHR, RP11-10017.3-001, ARID3B, CYP1A1

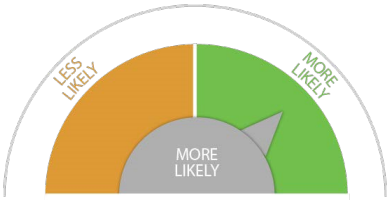
RECOVERY AND INJURY RISK

Systemic Inflammation	NORMAL	CRP, APOC1 (APOE-CI-CII), HNF1A
Injury Risk	NORMAL	SPTBN1, MEPE, SLC25A13, MBL2/DKK1, LRP5, C18orf19

INTRINSIC MOTIVATION TO EXERCISE

WHAT YOUR GENES SAY ABOUT YOU:

Our analysis indicates that your genetic profile exhibits characteristics that make you MORE LIKELY to be intrinsically motivated to train. That means you are more likely to derive pleasure from participating in your sport or activity without much need for external reward. That means you are more likely to consistently stick to a routine and spend more time engaged in your activity, which in turn can make it easier to reap other rewards and performance benefits.



SUCCESS STRATEGIES

Athletes who are intrinsically oriented tend to face fewer ups and downs in their motivation. They also tend to be less stressed when they hit training obstacles and have less anxiety over "losing" or disappointing outcomes, like missing a podium position or failing to hit a set goal. Generally speaking, they exercise longer and more often, because they find activity itself rewarding.

Being intrinsically motivated to exercise makes getting regular physical activity easier, but it doesn't mean you're immune to boredom or falling into a rut. These strategies will help keep your routine fresh and rewarding.

Challenge yourself. Maximize your exercise enjoyment by challenging yourself with new fitness goals on a regular basis. If you regularly run 1OKs, aim for a half or even full marathon. If you're into CrossFit, compete in a local competition. New challenges can add fuel to your intrinsic motivation to keep moving and keep you from falling into a training rut.

The gene and associated SNP included in this category has been shown to have significant associations with a person's intrinsic motivation to train.

Athletes participate and compete in their sports for a variety of reasons and each of us has our own personal motivations. Athletes who are intrinsically motivated are inclined to participate in a sport for internal reasons. They run marathons because they love to run. They push themselves because they are driven to see how good they can be. They enjoy the process of training with the outcome being secondary. Those who are not intrinsically motivated tend to be extrinsically motivated, or participate for external reasons, such as winning competitions, impressing peers, or in some cases material rewards like trophies, medals, and even cash and scholarships.

Intrinsic motivation may be embedded in your genes. In one study, researchers

Your genetic profile indicates that you are MORE LIKELY to have intrinsic motivation to exercise.

You will be more inclined to maintain an exercise and training routine without the need for external motivation or rewards. Be sure to build time into your schedule to fit the training you want to do.

RELATED GENES / SNPs

BDNF

INTRINSIC MOTIVATION TO EXERCISE

Pay it forward. Use your exercise motivation for greater good (and be even more motivated to train, especially during times when it's harder to get going like cold, wet weather seasons) by signing up for a run, bike ride, or triathlon that benefits a charity of your choice. There are also apps that will donate money to your favorite charity for every step you take.

collected DNA samples from a group of healthy adult men and women then observed the group while they performed a 3O-minute treadmill workout. After the half hour session was up, the exercisers were told that they had completed the session and they could either begin a cool down or could keep going if they wanted. Those with at least one copy of the met allele for the val66met polymorphism were more than 2 2 times likely to keep going than their peers with a val/val genotype.

Our analysis investigated which genotype for this gene was present in your DNA. Your rating of either MORE LIKELY or LESS LIKELY reflects whether your genotypes included those that carried a risk for being low in intrinsic motivation or for being likely to be high in intrinsic motivation. Knowing that you're genetically more or less inclined to be intrinsically motivated can help you establish strategies that may help ensure your success.

ADDICTIVE BEHAVIOR / STIMULUS CONTROL

MENTAL AND PHYSICAL FOUNDATION

The gene and its associated SNP that are included in this category have been shown to have significant associations with a person's likelihood to be susceptible to addictive behaviors.

The brain's reward pathways control an individual's response to natural rewards such as food, social interactions, sexual activity, and even exercise. It triggers the release of feel good chemicals to reward us for certain behaviors many of which, like eating and sexual activity, keep us alive and reproducing) so we keep doing them. This system plays a crucial role in the susceptibility of addictive behaviors such as excess alcohol consumption, drug use, and overeating, and may explain why quitting these behaviors proves far more difficult for certain individuals than others.

Though it appears healthy on the outside, exercise also can become an addiction for certain people, and can manifest in unhealthy ways like increased risk for injury, over training, and social isolation.

WHAT YOUR GENES SAY ABOUT YOU:

Our analysis indicates that your genetic profile exhibits characteristics that make you LESS LIKELY to be susceptible to addictive behaviors. You're less susceptible to overindulging in highly stimulating behaviors like excessive exercise, drinking too much, and binge eating-all behaviors to which everyone, including athletes, can succumb. That's good news as even healthy habits like exercise can be harmful and injurious when taken to extremes.

Your genetic profile indicates that you are LESS LIKELY to have an addictive behavior.

That means you are less likely to seek out high-reward system stimulating activities like excessive exercise that can lead to burn out, injury, and over-training.

RELATED GENES / SNPs

DRD2/ANNK1

SUCCESS STRATEGIES

Being less likely to be prone to addictive behavior can help protect you from succumbing to overtraining and will make it easier for you to follow a training plan that includes ample amounts of recovery and days off away from the rigors of exercise training. Just remember that it doesn't mean you're immune from the ill effects of overdoing it. Athletes often get drawn into over-training without realizing it.

Follow a plan. Whether or not you have an addictive personality, as an athlete there's always the temptation to do more, train harder, skip recovery days, and generally push yourself further than may be productive. This can lead to over-training and an unhealthy relationship with exercise. The best way to avoid it is by following a structured progressive plan that incorporates all the elements needed for optimum performance, which includes hard workouts, easier and moderate workouts, and days of complete rest and recovery.

ADDICTIVE BEHAVIOR / STIMULUS CONTROL

Keep a journal. Tracking your workouts either the old fashioned way in a journal or using one of the numerous online platforms or apps can help you maintain healthy levels of training without overdoing it. Be sure to track your mood, energy levels, and how you feel each day, too. If you're getting fatigued and irritable, that's a sign you're overreaching in your training and need more recovery.

Indulge occasionally and wisely. Moderation is key for indulgences whether or not you have an addictive personality. Though your personality may not be inclined to overdo alcohol consumption or sugary foods, it's still healthiest to limit indulgences to the occasional drink or an ounce or two of chocolate a day rather than partaking in excess.

It's also not uncommon for addictive personalities to display addictive behaviors in more than one area of their lives. So an obsessive distance runner may also have a binge/purge eating disorder like bulimia. Research finds that addictive personalities also trade addictions, such as exercising to quit drinking or smoking.

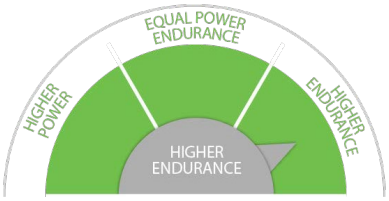
Researchers studying common addictions like cigarette smoking have found that variations of these genes are significantly associated with addictive personality behaviors. One meta-analysis of 22 studies including 11,075 men and women consistently showed that people carrying A2/ A2 genotype are more likely to quit smoking than those carrying A1/ A1 or A1/A2, who were less likely to quit. Taq1A genotypes were also more likely to quit smoking.

Our analysis investigated which genotype for this gene was present in your DNA. Your rating of either MORE LIKELY or LESS LIKELY reflects whether your genotypes included those that carried a risk for being more or less likely to have an "addictive personality" type.

POWER / ENDURANCE POTENTIAL

WHAT YOUR GENES SAY ABOUT YOU:

Our analysis indicates that your genetic profile exhibits characteristics that make you likely to have HIGHER ENDURANCE response to cardiovascular training. You are more likely to see VO2 Max and other endurance gains in response to training in endurance-oriented sports like cycling, running, and swimming. You are less likely to be successful at a high level in sports that favor power-oriented athletes. You can capitalize on your genotype by optimizing your endurance training. That does not mean you should completely abandon strength training, however. You may not have the genes to be a world-class sprinter or thrower, but you can and should include specific training to build muscle, strength, and power, which is important even for endurance sports.



POWER / ENDURANCE POTEN

The hallmark of successful endurance athletes is the ability to use oxygen. That ability is measured as your VO2 Max, the highest volume of oxygen your body can use during activity. The more oxygen your heart and lungs can deliver to your working muscles and the more oxygen those muscles can use to turn stored fuel into energy, the longer you can sustain aerobic effort.

Being genetically inclined to be positively responsive to endurance fitness training means you are likely to reap the rewards of cardiovascular endurance training and see improvements in performance in endurance sports like running, swimming, cycling, triathlon, and cross country skiing. You can take advantage of your DNA by skewing your training time to improving endurance.

Your genetic profile indicates that you are likely to have HIGHER ENDURANCE response to cardiovascular training

That means you are more likely to see gains in your VO2 max and other endurance markers in response to cardiovascular fitness training, such as cycling, running, and swimming and are less likely to excel at the elite level on sports that favor power-oriented athletes.

The genes and associated SNPs included in this category have been shown to have significant associations with a person's endurance and/or power potential, or how likely you are to have a positive response to aerobic endurance and/or power training, which in turn may help determine the activities at which you will be most successful.

A meta-analysis of 35 articles published between 2008 and 2016 that analyzed the DNA of 19,852 people identified nine genetic variations that have significant associations with being a power athlete. Other research has found that a specific allele of the ACE gene is heavily represented in endurance athletes like elite long distance cyclists and is beneficial for endurance, rather than power- related sports.

RELATED GENES / SNPs

ACTN3, AGT, IL-6, NOS3, ACE, FTO, IGFI, GNB3, IL6-I74

SUCCESS STRATEGIES

That doesn't mean neglecting resistance training, however, as you can still enjoy gains in lean muscle mass, strength, and power that help you exceed at any sport.

POWER / ENDURANCE POTENTIAL

Ace your base. Take advantage of your favorable response to endurance training by taking the time to build a big, strong aerobic base. Your aerobic base is the metabolic foundation on which the rest of your training and racing rests. It's the base fitness level you need to withstand and get the most from higher intensity training and a heavier training load. The bigger your base, the harder and further you can go.

Base training is done at moderate intensity. Depending on your fitness level, it's between 55 to 75 percent of your VO2 max intensity or about a 5 to 6 on a 1 to 10 scale. Between 50 and 75 percent of your training time should be done at this intensity. Metabolically, your body responds to base training by making adaptations that allow you to use more oxygen and burn more fat as fuel. You create vast, blood-delivering capillary beds in your muscles. Your energy producing mitochondria in your cells multiply and enlarge. You produce more aerobic enzymes that help you turn stored fuel into energy. And you coax your sprint-happy anaerobic (type IIb) muscle fibers to work a bit more like switchhitter (type IIa) muscle fibers. All of those adaptations eventually allow you to go faster and longer before fatiguing. As someone whose DNA is positively receptive to aerobic training, you are likely able to build a large base.

HIIT the high end. You can optimize your endurance sport performance by also practicing high intensity interval training (HIIT). Intense intervals tap into and condition your type II, turbo fibers, which can go unused on longer, slower rides. The more muscle fibers you have at your disposable, the bigger your engine for your efforts. In short, HIIT increases your VO2 max and total exercise capacity-the ability to use oxygen and burn fat, as well as clear lactate so you can stay aerobic longer and go harder before you start to shut down.

A good example of HIIT is tabatas. They're super short, but very demanding. You can do them while running, cycling, or on exercise equipment like an elliptical. To do them, warm up for 5 to 10 minutes. Then go as hard as possible (you're going for maximum power output) for 20 seconds. Recovery at an easy pace for 10 seconds. Repeat 6 to 8 times. Rest 4 to 5 minutes. If you are accustomed to interval training repeat for another set or two. If you're new to intervals, stick to one set. Cool down for 5 to 10 minutes.

Knowledge of your genetic makeup can help you hone your training for the optimum outcome. In a study published in Biology of Sport, researchers tested the power and endurance levels of 28 athletes from different sports and 39 soccer players. All the athletes underwent genetic testing and then were assigned to a training protocol that either matched their DNA analysis or did not match their DNA analysis. After 8 weeks, they retested the athletes' aerobic fitness and explosive power. Those who were in the DNAmatched training group performed significantly better than those who were not.

MENTAL AND PHYSICAL FOUNDATION
POWER / ENDURANCE POTENTIAL Our analysis investigated which genotype for these genes was present in your DNA. Your rating of HIGHER ENDURANCE, EQUAL ENDURANCE/POWER, or HIGHER POWER, reflects whether your genotypes included those that carried the likelihood of being more responsive to endurance training; equally responsive to endurance and power training, or more responsive to power training.

POWER / ENDURANCE POTENTIAL

Do some lifting. Just because your DNA indicates that you do not have the genetic tendency to be highly responsive to power training doesn't mean you should skip the weight room. In fact, you may need it more than your peers who gain power with ease.

No matter if you run, ski, cycle, or hike, your performance is largely dependent on your power to weight ratio-how much power you can produce per pound over a period of time. It's power that lets you fly up hills and charge past your competitors. Strength training improves your neuromuscular connections, so you can activate all the muscles you need for your activity; it makes your fast twitch fibers more fatigue resistant, improving your overall endurance and it makes you more efficient.

Research indicates that athletes with your genotype improve power best in response to low intensity, higher repetition type strength training. That type of program can consist of 3 sets of 10 reps to start, building up to three sets of 20 repetitions. The weight you use should be heavy enough so that the final two to three repetitions in each set are challenging. Squats, push ups, rows, and deadlifts are four functional moves every athlete can benefit from.

Respect your recovery. Endurance athletes love to train..and train and train and train, which is understandable, especially if you're genetically responsive and enjoying making gains. But if you're not careful, you can overtrain, which takes your body in the opposite direction. Your body repairs and makes its metabolic adaptations when you rest and recover. Take at least one day off each week. Support your training and recovery with a healthful diet, good lifestyle habits, and quality sleep. Consider incorporating yoga into your routine for cross training and recovery. It will help you maintain muscle and joint mobility, which improves performance and helps prevent injury.

GRIP STRENGTH / MUSCULAR FITNESS

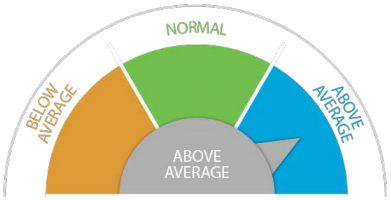
WHAT YOUR GENES SAY ABOUT YOU:

Our analysis indicates that your genetic profile exhibits characteristics that make you likely to have ABOVE AVERAGE hand grip/intrinsic muscular strength. That means you are genetically likely to perform above average in tests of hand grip strength as well as tests of general muscular strength and endurance, such as sit ups, push ups and lower body presses. That's good news because a range of sports like racquet and ball everyday activity, like carrying luggage, key component in many aspects of

The genes and associated SNPs included in this category have been shown to have significant associations with a person's grip strength, which in turn may help determine how successful you will be in activities requiring muscular strength and muscular endurance.

Hand-grip strength is not Lust about a firm handshake. It reveals a lot about your intrinsic muscular strength and fitness and may, when weak, also indicate an increased risk in fractures. So it's important not only for successful performance in many activities such as racquet and ball sports, resistance training, and off-road cycling, but also for general vitality and health.

Research has found that hand-grip strength is strongly correlated to muscular strength and endurance. In one study, significant correlations were found between grip



exercises like squats and leg strong grip is important for a sports, strength training, and and overall muscular strength is a training and competing.

Your genetic profile indicates that you are likely to have ABOVE AVERAGE hand grip/ intrinsic muscular strength.

You are genetically predisposed to perform above average on tests of grip strength as well as tests of general muscular strength and endurance.

RELATED GENES / SNPs

TGFA, POLD3, ERP27, HOXB3, GLIS1, PEX14, LRPPRC, MGMT, SYT1, HLA, GBF1, KANSL1, SLC8A1, ACTG1, DEC1, IGFS9B

SUCCESS STRATEGIES

Being genetically inclined to have above average grip and intrinsic muscular strength does not guarantee you will be an elite level power or sprint athlete, but it may give you an advantage in sports where grip strength is a priority. It may also boost your ability to maximize muscular gains in the gym, since handgrip is often the weakest link when people try to lift heavy weights.

It's important to note, however, that everyone, regardless of genetic make up, has weaker hand grip strength than they used to. Your grip strength is partly determined by activity and lifestyle. People performing lots of manual labor will have stronger hands. Grip strength-along with the rise in technology and decline in manual labor-has also been in decline among younger Americans, according to research. One 2016 study of 237 men and women ages 20 to 34 published in the Journal of Hand Therapy found that men 25 to 2 years of age had grip strengths of 101 and pounds of force right

GRIP STRENGTH / MUSCULAR FITNESS

and left hands respectively) today, a loss of 26 and 19 pounds from 30 years ago. Young women lost roughly 10 pounds of force over the same time period.

Grip strength also naturally declines with age, so working to maintain your naturally stronger grip will help make training and tasks of daily living easier and to reduce the risk of falls in your older years, regardless of your genetic makeup.

Because you are genetically predisposed to have above average grip strength, you do not need to do special hand strengthening moves. However, you can maximize your natural ability by including moves that build grip and overall strength into your resistance training routine. One of the best is the farmer's carry move. To do it grab a pair of heavy kettlebells (or dumbbells if there are no kettlebells available) and grasp them firmly as you walk 30 feet, taking short quick strides. Put them down and rest. Repeat 3 times. Use the heaviest weight you can carry.

Other overall conditioning moves such as deadlifts, rows, Olympic style lifts like cleans and snatches, pull ups, and front squats will not only maximize your grip strength, but also total body strength, which gives you an advantage in any sport or activity.

strength and performance in tests of muscular strength and endurance including sit ups, push ups, leg extension, and leg press.

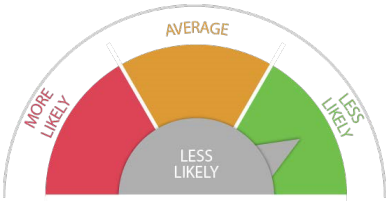
Grip strength is also highly heritable. A large-scale genome-wide association study including a combined sample of 195,180 men and women identified 16 SNPs associated with grip strength. A number of these are also associated with genes that are implicated in the structure and function of muscle fibers, which helps explain why grip strength is a good indicator of intrinsic overall muscular strength. The study also confirmed that these genetic determinants of muscle strength were linked to fracture risk, likely because low muscle strength increases risk of falling.

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 below average grip/intrinsic muscular strength, average intrinsic grip/muscular strength, or below average intrinsic grip/muscular strength.

TESTOSTERONE LEVELS

WHAT YOUR GENES SAY ABOUT YOU:

Our analysis indicates that your genetic profile exhibits characteristics that make you LESS LIKELY to have low testosterone levels, which can cause a sweeping range of negative symptoms including abdominal fat, muscle loss, anxiety, low mood, depression, erectile dysfunction, low libido, fatigue, and sleep disturbances. You are genetically predisposed to have normal or above normal testosterone levels, which will help you gain and maintain muscle size, strength, and function, as well as overall health and vitality.



Increasing age is one of the main "risk factors" for low testosterone. The hormone levels naturally decline with age, so having a favorable genotype may help protect you from slipping to detrimentally low levels.

That said, historically, testosterone levels appear to be lower today than in previous generations. A 2007 study published in The Journal of Clinical Endocrinology and Metabolism reported that levels of testosterone in men had fallen 17 percent from levels of men 20 years prior. So a 50-year-old man in 2004 had substantially lower testosterone levels than a 50-year-old man from 1987. Because testosterone plays such a pivotal role in vitality, performance, recovery, and health, it's important to stem your losses and take measures including nutrition, physical activity, and lifestyle strategies to maintain optimum levels.

The genes and associated SNPs included in this category have been shown to have significant associations with testosterone levels in men, which in turn may impact your stamina, body composition, strength, mood, and ability to make and maintain lean muscle mass.

Testosterone is a steroid hormone that is secreted by the testes and adrenal glands. It is instrumental in determining muscle size, strength, and function and also plays a role in maintaining lower levels of body fat. Low testosterone levels (defined as less than 300 ng dl) not only hinder your ability to make gains in the gym, but also can be harmful to your health, as it's been associated with heart disease, metabolic syndrome, type II diabetes, osteoporosis, muscle loss, and increased mortality risk.

Testosterone gradually declines after age 40
(a phenomenon sometimes referred to as "andropause").

Your genetic profile indicates that you are at LESS LIKELY risk for having low testosterone levels.

That's good news because the anabolic steroid hormone testosterone has been shown to improve muscle size, strength, and function and body composition and helps maintain overall Suality of life and health.

RELATED GENES / SNPs

SHBG

TESTOSTERONE LEVELS

SUCCESS STRATEGIES

Being genetically inclined to have average to above average testosterone levels will help you maintain your ability to build lean muscle, burn fat, and maintain good health and well being. Testosterone levels are not solely determined by your genotype, however. So it's important to maintain nutrition, exercise, and lifestyle habits that optimize your advantageous genotype and help you maintain healthy hormone levels throughout your life.

First and foremost, maintain a healthy weight. As an active athlete, this is likely already a priority, but hormonal health is another reason to keep your weight in check even during "off season" times when you may not be training as rigorously. The 2011 National Health and Nutrition Examination Survey of 1,265 men ages 20 to 90 reports that increases in BMI, waist circumference, and body fat were linked to relative decreases in testosterone levels.

Also, be sure to include total body strength training, including compound moves like squats, kettlebell swings, and deadlifts in your resistance training repertoire. Research shows this type of training is superior for boosting your body's testosterone production. Likewise, include sprint-type, high intensity interval training as part of your cardio workouts, which stimulate your testosterone response better than steady-state or moderate intensity cardio sessions.

V02

MAX

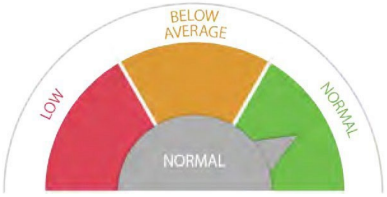
Being overweight also lowers testosterone as does smoking, and excess alcohol consumption.

Testosterone levels are also largely hereditary. Studies in male twins indicate that genetic factors account for about 65 percent of the variation in serum testosterone. A recent genome-wide association study that included a combined sample of 14,429 men identified genotypes that were associated with serum testosterone levels. One specific genetic variation was associated with a 6.5 fold higher risk of having low serum testosterone, or a 30 percent prevalence of low testosterone in men with that genotype compared to only a 4.6 percent prevalence of low testosterone among men with a more favorable genotype for serum testosterone levels.

Our analysis investigated which genotype for these genes was present in your DNA. Your rating of MORE LIKELY, AVERAGE, or LESS LIKELY, or reflects whether your genotypes included those that carried the likelihood of having below average testosterone levels, average serum testosterone levels, or above average serum testosterone levels.

WHAT YOUR GENES SAY ABOUT YOU:

0ur analysis indicates that your genetic profile exhibits a N0RMAL fitness response to high- intensity exercise. You are likely to have a favorable V02 Max response to your moderate to high intensity cardiovascular training. You can take advantage of your genotype by incorporating structured heart rate zone training in your program, including 50 to 80 percent of your training time in Zone 2 endurance building intensity and the rest in higher intensities, including maximum intensity efforts. Regular resistance training also will help you maximize your efficiency for even greater performance results.



Your muscles need oxygenated blood to generate fuel. The more work you ask them to do, the more fuel-and oxygen-rich blood-they need. As you start to exercise, your heart rate and your breathing increases and keeps increasing as the intensity rises, so you can send more and more oxygenated blood to your working muscles. Keep pushing and you'll reach a point where your body can't use any more-your system is tapped out. Your heart is pumping all it can and your muscles are using all they can. That is your V02 Max, the scientific name for the measure of your oxygen capacity-how much oxygen-rich blood your heart can pump and how much your muscles can use per minute, which is expressed in ml/kg/min.

V02 Max is influenced by your genes, but also by myriad other factors, such as your size, gender and, because it naturally diminishes overtime, age. For example, a sedentary woman in her 30s or 40s may have a V02 Max of about 26 ml/kg/min while an athletic woman of the same age will have V02 Max closer to 56 ml/kg/min. A 50-year-old man in fair condition may have a V02
Max of 30, while his cross country ski-racing friend has one of 55 ml/kg/ min.

V02

MAX

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

V02 Max is generally considered the best indicator of aerobic fitness and endurance potential. Factors that impact it are how strong and efficient your heart is, how well developed your capillary system is to deliver blood into your muscles, and the size and number of the energy-producing furnaces known as mitochondria in your muscle cells. All of these factors-and in turn your V02 Max-improve with moderate to high intensity training. People who are active will have a higher V02 Max than their sedentary peers. It is also influenced by your size, gender and, because it naturally diminishes overtime, age.

How much you can improve your V02 Max depends upon myriad factors, including

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

That means you can expect to experience optimal cardiovascular benefits when you push yourself to higher intensities during cardio training.

RELATED GENES / SNPs

AMPDI, APOE

SUCCESS STRATEGIES

You get fitness gains from all training, but research shows that working at higher intensities can bring even greater benefits in the form of improving metabolism and increasing your V02 Max. Your genotype makes you primed to reap the benefits of high intensity exercise.

If you do not already, prioritize High Intensity Interval Training HIIT in your weekly routine. Micro-intervals may be particularly effective. To do it, warm up as usual. Then push the effort as hard as you can for 30 to 60 seconds. Reduce the effort level to recover for a minute or two and repeat 4 to 6 times. Remember to give yourself recovery days along with these hard days. HIIT workouts are like strong medicine. The right dose does wonders. 0verdoing it is detrimental to your system because you don't give your body a chance to rebuild and get fitter and stronger.

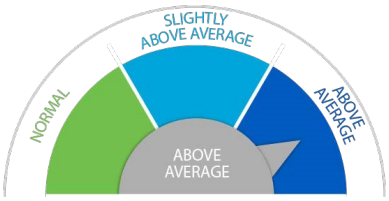
your current fitness level and the intensity of your training. Research finds that sedentary people who start training at about 75 percent of their max for at least 30 minutes 3 times a week can increase their V02 Max an average of 15 to 20 percent over six months, but the range of response is large. Some people make enormous gains, while others make very few. The reason, we now know, is in your genes. We've also learned that, contrary to what was thought previously, there are very few actual exercise "nonresponders." It's more a matter of to what type of cardiovascular intensity your body best responds.

0ur analysis investigated which genotype for these genes was present in your DNA. Your rating of N0RMAL, BEL0W AVERAGE or L0W reflects whether your genotypes included those that carried a risk of reduced cardiovascular fitness response from moderate-to-higher intensity exercise.

EXERCISE HEART RATE RESPONSE

WHAT YOUR GENES SAY ABOUT YOU:

Our analysis indicates that your genetic profile exhibits characteristics that give you a likely ABOVE AVERAGE heart rate response to exercise. That means you are likely to experience a moderate decrease in your exercise heart rate with training. That's good news because a lower resting heart rate is generally good for your health and improves your exercise capacity, so you can perform more work at a lower heart rate.



Athletes often prize a low resting, and subsequent lower exercising, heart rate as a sign of superior fitness. Your genotype is one that likely experiences a lower heart rate in response to training. Here are some strategies for optimizing your favorable genotype.

Calculate your numbers. Healthy adults have an average resting heart rate RHR of 60 to 0 bpm RHR may be 00 bpm in sedentary adults and lower than 60 bpm for active adults. Because women are smaller, their average heart rate is up to 0 bpm higher.

The first step is determining your current resting heart rate, because if you don't know where you're starting, you can't measure your progress. If you've been training for more than a few weeks, you may have already achieved a lower resting and exercising heart rate and will not see further declines. Keep in mind that research shows that if you naturally have a lower heart rate, you will not see as dramatic a decrease as someone who has a naturally higher heart rate might.

EXERCISE HEART RATE RESPONSE

The gene and associated SNP included in this category have been shown to have significant associations with a person's exercise heart rate response. Your heart's primary Lob is to keep your blood circulating, sending blood into the lungs to pick up fresh oxygen and then pumping out that oxygenated blood into the rest of the body so your cells can function. When you exercise, your heart pumps faster to keep your working muscles fueled.

As you become more fit, your body becomes more efficient at using oxygen so your heart rate doesn't have to rise as dramatically when you exercise. It also becomes lower when you are at rest. Having a lower resting heart rate doesn't only indicate better heart health, but also, because your heart can pump more oxygenated blood with fewer beats per minute, you have greater endurance and exercise capacity. Your genetics have a considerable influence over how dramatically your exercise heart rate responds to endurance training.

Your genetic profile indicates that you are likely to experience an ABOVE AVERAGE heart rate response to exercise.

You are likely to experience a moderate decrease in your exercise heart rate with training. Resting and exercising heart rate decreases are a mark of improved fitness and may improve your sports performance.

RELATED GENES / SNPs

CREB1

SUCCESS STRATEGIES

It's best to measure your resting heart rate first thing in the morning. You should be fully recovered from any recent hard training or racing, as that can elevate your morning heart rate. If you need to use the bathroom, do that first, so you're fully relaxed. Put on your heart rate monitor and measure for about a minute, noting your lowest heart rate number. If you don't have a heart rate monitor you can simply use a timer and place your fingertips on your pulse and count beats for a minute.

If you've Lust started training, check again in three to four weeks (again being sure you're fully recovered) to note any changes.

Go for intensity. Lower intensity exercise doesn't have as much of an impact on your resting and exercise heart rate as high intensity exercise. Research shows that one hour a week of high intensity aerobic training lowered resting heart rate more effectively than lower intensity bouts.

Be knowledgeable of other influencers. Exercise isn't the only thing that impacts your resting and exercising heart rate. Dehydration thickens your blood and raises your heart rate, so staying hydrated is key. Caffeine can make it higher, as can exercising in extreme temperatures on either end of the spectrum. Your heart rate will be higher at high altitudes, especially if you're not acclimated.

The HERITAGE (amily Study of 4 2 men and women from 99 nuclear families found that after 20 weeks of endurance training, the average decrease in heart rate during steady state aerobic exercise (60% of VO2 Max) was 11.3 beats per minute (bpm), but there was a large range among individuals, from a decrease of 42 bpm to an increase of 12 bpm. Variations in the CREB1 SNP were strongly associated with heart rate response to exercise, explaining about 20 percent of the variance in heart rate response.

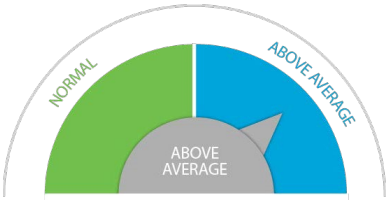
Our analysis investigated which genotype for this gene was present in your DNA. Your rating of NORMAL, SLIGHTLY ABOVE AVERAGE, or ABOVE AVERAGE reflects whether your genotypes included those that make you more likely to have a small, small to moderate, or moderate decrease in exercise heart rate with training.

Know your special risks. A low resting heart rate is generally healthy, but it is not without risks, particularly if you travel frequently. People with a lower than average resting heart rate are at higher risk for deep vein thrombosis (DVT). Because they have slower blood flow, their blood can pool in their lower extremities, especially when sitting for long periods of time (such as in an airplane). Be especially vigilant on long flights and when you're sedentary for prolonged periods: get up and move around when possible, and be sure to do some heel and toe raises to activate your calves and promote blood flow out of your lower legs and into circulation.

EXERCISE STROKE VOLUME

WHAT YOUR GENES SAY ABOUT YOU:

Our analysis indicates that your genetic profile exhibits characteristics that make you likely to have anABOVE AVERAGEstroke volume response to exercise. That means you are likely to experience a larger than typical increase in stroke volume in response to exercise training.



The gene and associated SNP included in this category have been shown to have significant associations with a person's exercise stroke volume response.

There are two ways for your heart to get more oxygen-rich blood to your exercising muscles: pump faster (heart rate response) and pump out a greater volume of blood with every beat. The latter is your stroke volume response, the amount of blood ejected per beat from your left ventricle, as measured in ml/beat.

Stroke volume increases as your exercise intensity rises. How much your stroke volume improves with exercise is also largely hereditary. The HERITAGE Family Study of 483 men and women from 99 nuclear families found that after 20 weeks of endurance training, the average increase in stroke volume during steady state aerobic exercise (60% of VO2 Max) was 3.9 ml/beat.

Your genetic profile indicates that you are likely to experience an ABOVE AVERAGE stroke volume response to exercise training.

A greater stroke volume response is advantageous as you can pump out more blood at a lower heart rate.

RELATED GENES / SNPs

KIF5B

Untrained people have a stroke volume of about 50 to 70 ml/beat at rest, which increases to 110 to 130 ml/beat during high intensity efforts. Exercise makes your heart muscle bigger and stronger, so you have a greater stroke volume. The resting stroke volume in elite athletes averages 90 to 110 ml/ beat (which is why their resting heart rate is also so low), which increases to as much as 150 to 220 ml/beat during high intensity exercise, according to research.

Your stroke volume response is also sport dependent. Swimmers generally see a smaller increase in stroke volume response than runners or cyclists; exercising heart rate is typically lower during swimming as well, because the supine position prevents blood from pooling in the lower extremities and there's less need for increased heart rate and stroke volume to meet the body's needs.

EXERCISE STROKE VOLUME

Being at the higher end of the stroke volume response range may be an advantage because increasing stroke volume is believed to be more efficient than increasing heart rate during exercise, as you can do more work at a lower heart rate with a higher stroke volume. Though stroke volume has been thought to plateau at a certain point in exercise intensity, there is evidence that in some athletes it continues to increase up to maximum heart rate (though research has not concluded how significant this rise in exercise performance).

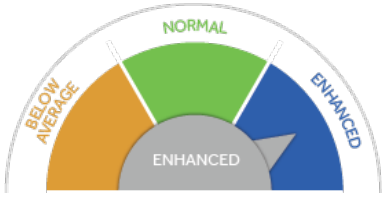
You can take advantage of your inclination to have a greater than average stroke volume response to exercise training by maintaining optimum hydration status. Being dehydrated diminishes blood volume, preventing you from taking advantage of your genetically higher stroke volume.

But there was a large range of stroke volume response among individuals, ranging from a decrease of 41 ml/beat to an increase of 45 ml/beat. Variations in the KIF5B SNP were strongly associated with stroke volume response to exercise, explaining nearly 30 percent of the variance.

Our analysis investigated which genotype for this gene was present in your DNA. Your rating of NORMAL or ABOVE AVERAGE reflects whether your genotype included those that make you likely to have an average or above average stroke volume response to regular exercise training.

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 resistance training exercise. That means that along with improving strength and building lean muscle tissue, you are likely to lose weight and lower your body fat when you engage in a regular strength training routine. That's good news because many sports favor high power to weight ratios—having more lean muscle and less fat generally raises that ratio and may give you an advantage. A healthy body composition also lowers your risk for chronic disease like heart disease and diabetes.

As the term suggests, body composition is what your body is made from, including bone, water, fat mass, and lean tissue. For purposes of training and athletic performance, we tend to focus on the amount of body fat you have in relation to muscle. For good health, men should strive for a body composition that is less than 25 percent fat and women should aim for less than 32 percent fat. Generally speaking, athletic men and women have lower body fat percentages with elite athletic males averaging 6 to 13 percent and women averaging 15 to 20 percent.

Different sports have widely different requirements in terms of ideal body composition. A football lineman who needs a lot of absolute mass will have a higher percentage of body fat (though still a huge quantity of muscle) than an elite level male triathlete, who will be slowed down by any extra weight that is not helping to generate power. Regardless of sport, maintaining a healthy body composition is advantageous as it can help lower your chances of developing cardiovascular disease as well as diabetes and certain cancers.

The genes and their associated SNPs are included in this category have been shown to have significant associations with a person's ability to improve their body composition in response to strength training.

As you know, resistance training helps you build and maintain lean muscle tissue. It may also help reduce the percentage and sometimes amount of body fat you have. That overall improvement in body composition makes you stronger and quicker in most sports. A higher percent of muscle and lower percent of fat tissue also contributes to a leaner appearance and, potentially, to a higher metabolism, or greater number of calories burned each day.

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

That means you are more likely to both make muscle and lose fat when you strength training regularly. You can maximize the benefits of your favorable genotype by resistance training at least two to three times a week.

RELATED GENES / SNPs

XN3, GNPDA2, LRRN6C, PRKD1, GPRC5B, SLC39A8, FTO, FLJ35779, MAP2K5, QPCTL-GIPR, NEGR1, LRP1B, MTCH2, MTIF3, RPL27A, SEC16B, FAIM2, FANCL, ETV5, TFAP2B

BODY COMPOSITION RESPONSE TO STRENGTH TRAINING

This genotype is particularly favorable for body builders and power-based athletes, but all athletes and active people benefit from a healthy body composition.

SUCCESS STRATEGIES

Strength training works best when you lift weight that is heavy enough to fully stimulate lean muscle tissue growth—something many people, including athletes—neglect to do.

Your genotype may assist in great body composition improvements by participating in a focused strength-based program like CrossFit or similar conditioning class. Otherwise, aim to perform full body strength training two to three days a week.

For the best results, continually challenge your muscles in novel ways, mixing up your sets and reps from session to session, so sometimes you're lifting heavy (3 to 4 sets of 3 to 6 reps, 3 to 5 minutes rest between sets); sometimes light (2 to 3 sets of 10 to 15 reps, 1 to 2 minutes rest between sets), and sometimes moderate (2 to3 sets of 8 to 10 reps, 1 to 2 minutes rest between sets). The weight you choose should be heavy enough so the last reps in a set are very challenging (but you can still maintain good form). When the exercises become easy, add more weight to continue to obtain the benefits.

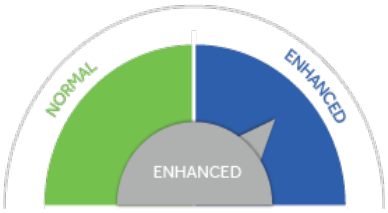
Numerous factors, including your predominant muscle fiber type (which you discovered in the first section), your hormones (including testosterone, also from the previous section in this report), and the type of strength training you do influence how your body composition will respond to a resistance training program. Your genotype also plays a significant role.

In one large study, researchers had 148 volunteers participate in an intense resistance-training program for one year. They found that those who carried the most "favorable" gene variations enjoyed a full gamut of body composition benefits and not only improved their strength and muscle mass, but also experienced significant weight loss and body fat reduction. Those with less favorable genotypes still got stronger, but showed a decreased ability to lose weight and reduce body fat percentage by resistance training.

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 resistance training exercise.

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. Studies that investigated this genotype found that a diet consisting of a higher percentage of protein resulted in optimal weight loss. This suggests that the amount of weight or body fat you lose when trying to get lean is very likely to be affected by the percentage of protein you eat.

PROTEIN UTILIZATION

The good news is that people with this genotype lost weight on a moderate protein diet. However, people with this allele also lost more lean body mass compared to those without this genotype. This suggests that if you want to drop weight and body fat, you are more likely to be successful by eating a moderate, instead of low percentage of protein in your daily diet, but that you may lose more muscle mass along with it, which is concerning for active individuals for whom muscle maintenance is essential for performance.

came from fat and carbohydrates. 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 suggests that you will be more successful in your weight loss and maintenance attempts by following a moderate to high protein diet.

The gene and associated SNP included in this category has consistently been shown to be associated with body fat mass and BMI. As an athlete, you need more protein than the average person, as protein is required for muscle growth and repair after training, workouts, and competing. Many active people also rely on a heavy protein intake to shed and maintain weight, with a large contingency adopting protein-centric eating plans like the Paleo diet in hopes to maximize lean body tissue and minimize fat. How well that approach works may be largely dependent on your DNA.

One large study found that people with a specific FTO variant had more successful weight loss and shed more body fat, particularly high-risk abdominal fat, if they ate a moderate-to-high protein diet (25-30% of total daily calories) compared to a lower protein diet (15-20% of total daily calories), regardless of the percentage of their that

Your genetic profile indicates that your response is ENHANCED.

You may be more likely to meet your weight loss and/or maintenance goals by eating a moderate-to-high percentage of protein in your daily diet. Aim for 25% to 30% of your total calories to come from plant and/or lean animal-based protein.

RELATED GENES / SNPs

FTO

Since this genotype also suggests that you may lose more muscle mass when you are trying to lose fat and get lean compared to others with a different genotype, it is recommended that you be sure to include weight lifting in your training regimen if you do not already so you can prevent or minimize muscle loss that may come with weight loss.

SUCCESS STRATEGIES

To lose and/or maintain weight, consume a diet that is moderate to high in protein and be sure to include strength training in your regimen to minimize the loss of lean tissue. Here's how to optimize your protein intake.

PROTEIN UTILIZATION

Skew higher if you're actively trying to lose weight. The body must get a certain minimum amount of protein for normal functioning, and that is considered to be around 10% of total daily calories when you are eating enough food to meet your daily energy needs. This minimum amount of protein must be eaten to support processes such as enzyme and hormone production, cell repair and synthesis of skin and hair cells. If you start reducing your food intake to drop weight, you need to eat a slightly higher percentage of protein because you are eating less food overall. Your genotype suggests that, while losing weight, you may benefit from a higher percentage of protein - from 25% to 30%.

Maximize your essential amino acids. Protein in your foods should contain all of the essential amino acids, since your body requires these to produce proteins, as well as the other amino acids it uses to make compounds such as enzymes, hormones, and tissues in your body. Animal foods contain all of the essential amino acids in one food item, such as meat, poultry, fish or dairy products. But if your genetic analysis for the other macronutrients suggests that you should reduce your intake of total fat or saturated fat, choose leaner versions of animal foods or, better, opt for plant-based protein foods.

You can 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 your body needs (brown rice and black beans; nuts, grains and beans; veggies, beans and grains, etc.)

Adjust Your Intake to Match Your Activity. For average people, the recommendation is to obtain between 0.8 and 1 gram of protein per 1 kilogram of body weight. So if you weigh 150 lbs., or 8 kg, it is recommended that you get between 5 and 8 grams of protein per day. You need more as an active person.

The Academy of Nutrition and Dietetics recommends that athletes who participate in light to moderate endurance training take in 1.2 to 1.7 grams of protein per kilogram, or about 0.55 to 0.8 grams of protein per pound of body weight each day. So that same 150-pound person would need 82 to 120 grams of protein a day.

Power and sprint athletes looking to gain muscle mass also need more than average amounts of protein. If you're one, the Academy recommends you take in 1..4 to 1.8 grams of protein per kilogram or about 0.6.4 to 0.82 grams of protein per pound of body weight daily to build muscle mass. That same 150-pound athlete who wants to build muscle should eat 96 to 123 grams of protein every day.

PROTEIN UTILIZATION

Finally, serious endurance athletes who perform high volume training that includes high intensity intervals require the most protein because of the rate they break down their muscle tissue. The Academy recommends that high intensity endurance athletes take in 1..4 to 2.0 grams of protein per kilogram, or about 0.7 to 0.9 grams of protein per pound of body weight every day. So that 150-pound, high-intensity endurance athlete may need to consume up to 135 grams of protein every day.

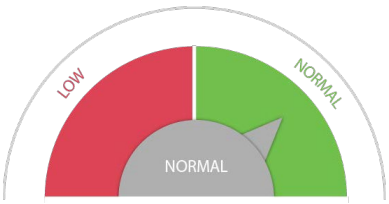
Spread it out. Eat a variety of high protein foods, including eggs, dairy products, poultry, meat, fish and seafood, legumes, soy products, nuts and seeds, and spread it out throughout the day. By eating protein with every meal, you ensure that your muscles always have what they need for repair and maintenance. Protein also improves satiety, so you're less likely to over eat.

It's a good idea to get a sense of how much protein you are getting by recording your food intake for at least a week and entering it into a diet app or online nutrition log that can calculate the percentage of each of the macronutrients that you eat. Then you can tweak your menu as needed to obtain your recommended percentage of protein.

Add heavy resistance training. Since this SNP is also associated with reduced lean body mass, such as muscle tissue, with weight loss, it is recommended that you include heavier weight training as part of your plan if weight loss is one of your goals. This may help minimize or prevent the loss of lean body mass that can occur with weight loss. Study your results for your genetic analysis for exercise-related genes for a more specific exercise prescription. But for optimal muscle strengthening, you should do exercises with weights targeting your major muscle groups. On 2 to 3, non-consecutive days per week, do 3 sets of 12 reps with weight heavy enough to feel "hard" or "very hard" by the end of each set.

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 by following an eating plan that is low, moderate, or high in fat, so long as you're not taking in more energy than you're expending. 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. That's good news, especially for endurance athletes, who rely on fat oxidation for optimum performance.

CARB UTILIZATION

SUCCESS STRATEGIES

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. That's good news for athletes, especially those who participate in endurance activities, who rely on fat to fuel their long-distance efforts.

Athletes also need more fat than sedentary people not only to fuel activity, but also to assist in the production of essential steroid hormones, which control how your body responds to strenuous activity. Too little fat can cause hormone imbalances and hinder your athletic performance and recovery.

While your genetic profile suggests that you may be better able at handling higher levels of fat when you diet, for optimum health and performance, prioritize healthy, inflammation-reducing fats like omega- fatty acids found in fish, nuts and seeds, avocados, and olive oil over less healthful food sources like fried foods.

FAT UTILIZATION

The 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.

Like most active people, you may be trying to optimize your body composition by losing body fat and increasing lean muscle. Some athletes, concerned about carbohydrate-related weight gain, will prioritize fat in their diets, sometimes opting for a diet that gets a high percentage of calories from fat. Studies show that genotype plays a large role in how the amount of fat in your diet affects weight loss.

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.

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

If you are reducing your food intake to try to lose weight, 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, .TNRIB, PP.IK

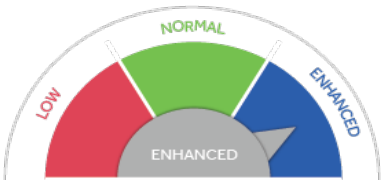
Another study found that people with a protective genotype appeared to be able to consume greater amounts of fat, but without exhibiting higher BMIs. Another study found that people who went on a higher fat, reduced calorie diet lost weight, but they lost less weight if they had an unfavorable genotype compared to those with a more favorable genotype.

FUELUTILIZATION

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 some or all of those that carried a risk of reduced weight loss ability from a diet that was high in fat.

WHAT YOUR GENES SAY ABOUT YOU:

Your genetic profile indicates that your utilization of carbohydrates is ENHANCED. This suggests that you may experience the best weight maintenance/loss results if you follow a diet that is relatively higher (about 65 percent) in complex carbohydrates and lower (about 20 percent) in fat. This means you should focus on including more whole, unprocessed plant foods in your diet, including beans, whole grains, nuts, seeds, fruits and vegetables.



CARB UTILIZATION

As an athlete, you use stored glucose-glycogen-to fuel your activity, particularly high intensity activity. Your body relies on glucose for daily living, as well, 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 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 pre-diabetes and, if unchecked, eventually diabetes, or uncontrolled high blood sugar. People who are overweight and/or physically inactive are at higher risk of insulin resistance. Athletes, however, are not immune to insulin resistance: one study on amateur athletes found that 3 out of l0 had fasting blood glucose in the pre-diabetes range.

The genes 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 fruits, vegetables, legumes and grains. Insulin is also released in response to eating protein as it helps to shuttle amino acids into cells.

The 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 the IRSl 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

Your genetic profile indicates that your utilization of carbohydrates is ENHANCED

Your genotype appears to favor a higher complex carbohydrate and lower fat diet. To lose weight, you may experience better results from a diet that focuses on complex carbohydrates making up a majority of your daily calories.

Since carbohydrate intake triggers insulin release, many people, including athletes and recreationally active men and women, assume that eating

RELATED GENES / SNPs

IRS1, FGF21

CARB UTILIZATION

more carbs is not healthy and can lead to body fat and weight gain, as well as diabetes. Athletes in sports like CrossFit include a large low-carb diet (such as Paleo) contingency. But the relationship is not that simple: many people who eat a high carbohydrate diet perform well, 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 types of carbs you eat play a role: if you eat mostly processed carbs (as opposed to fiber-rich complex carbs), you are likely to release greater amounts of insulin and this could affect your insulin resistance..

SUCCESS STRATEGIES

Performance-wise, your genotype suggests you may enjoy improved insulin sensitivity with high-carb intake. That's good news, as carbohydrates are the body's preferred fuel source, especially for higher intensity, race and competition level efforts. For good health, emphasize complex carbs, which provide the most nutrients, fiber, and long-lasting energy during exercise.

Complex carbohydrates or starches are those made up of sugar molecules that are strung together in long, complex chains, as opposed to simple carbs, which are simple sugars like fructose and glucose. They take longer for your body to digest, so have less of a "spike" effect on blood glucose levels. Sources include:
whole grains like brown rice, quinoa, oatmeal, barley, bulgur, and buckwheat, vegetables, fruits, and legumes.

weight loss compared to eating a lower carb, higher fat diet. This is especially important as an active person, as maintaining healthy insulin sensitivity allows you to store the carbohydrates you eat for energy as well as to promote recovery after exercise and training.

But not all genotypes respond equally to high-carb diets. A two-year weight loss / genotype study published in Diabetes Care revealed that carriers of a specific variant of the FGF2l gene, which helps regulate glucose and fat metabolism and weight loss, lost more total body and abdominal fat over the study period when they followed a low- carb diet than their peers who had genotypes more positively responsive to carbohydrate intake.

Our analysis of your genes investigated which variants were present in your DNA. Your rating of LOW, NORMAL or ENHANCED reflects whether your genotype included those genes that improved insulin sensitivity and weight loss from a higher carb and slightly lower fat diet.

Eat more complex carbohydrates. People who eat diets high in complex carbohydrates tend to be leaner, and this diet approach provides optimal energy and nutrients. Strive to eat whole plant foods as opposed to processed carbs. Eat a potato instead of potato chips, eat beans instead of white bread, eat whole fruits instead of fruit juices. Save simple carbohydrates like refined bread, pasta, sweets, and gels for when you need quick bursts of energy, such as right before a race or during prolonged activity, when you need fuel that is quickly absorbed. During such activity, you can aim for about 30 to 60 grams (l20 to 240 calories) of carbohydrates per hour after the first hour to 90 minutes of activity.

Pick your protein wisely. People with your genotype seemed to experience better results eating a higher complex carbohydrate diet combined with a lower fat diet. Many people get a fair amount of their dietary fat along with their protein choices. To reduce fat: choose

CARB UTILIZATION

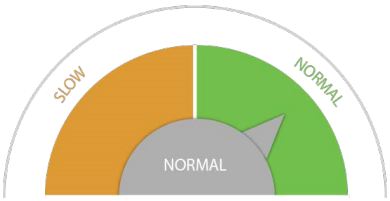
lean, fiber-rich protein sources such as beans and whole grains such as quinoa. If you eat animal foods, choose leaner versions and avoid high fat meats.

Prioritize inflammation-fighting fats. Do not eliminate fat completely. You can still get about a fifth of your calories from fat; choose nutrient dense, inflammation-fighting, healthy fat sources like olive oil, fatty fish, nuts, and avocadoes to help support your active lifestyle.

CAFFEINE METABOLISM

WHAT YOUR GENES SAY ABOUT YOU:

Our analysis indicates that your genetic profile exhibits a NORMAL rate of caffeine metabolism. Having this genotype means you can enjoy the ergogenic benefits of this stimulant that include increased alertness, improved fat burning and glycogen sparing, lower rate of efforts, and increased time to endurance events.



perceived exertion during hard fatigue, especially during

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.

9e now know this disparity is largely hereditary. Caffeine is rapidly absorbed into the bloodstream, with levels peaking after

CARB UTILIZATION

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

Your liver breaks down and clears the stimulant at a normal rate, and you are likely to benefit from using caffeine as an ergogenic aid in the sports and activities of your choice.

RELATED GENES / SNPs

AHR, RP11-10017 3-001, ARID3B, CYP1A1

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.

SUCCESS STRATEGIES

For maximum benefit, ingest 3 to 6 milligrams of caffeine per kilogram of body weight, or about 200 to 400 milligrams (2 to 3 cups of coffee) for a 150 lb. (68 kg) athlete about 30 minutes to an hour before exercise.

CAFFEINE METABOLISM

You will likely find that caffeine is particularly useful for endurance-based activity. Recently, British researchers found that relatively low doses of the stimulant, about two cups of coffee, could improve 40K time trial performance in trained cyclists by 55 to 84 seconds. In another study appearing in the Journal of Pain, exercise scientists found that cyclists who took caffeine before riding 30 minutes on stationary bikes had significantly less muscle pain during their effort than those who pedaled caffeine-free.

Though the research is a bit less conclusive, caffeine also may help improve strength performance. One review of 27 studies found that caffeine improved leg muscle power by up to 7 percent, but didn't seem to impact smaller muscle groups. It also appears to improve muscle endurance, so you can perform more repetitions for a given weight.

It may also boost performance in sprint activities. In a study on runners, those drinking regular coffee were 4.2 seconds faster in a 1500-meter run than those who were given decaf. And in studies on team sports, caffeine was shown to improve the passing accuracy in rugby and soccer sprint time.

Watch the dosage. Being a normal caffeine metabolizer does not make you immune to the potential negative side effects from too much caffeine, such as jitteriness and GI distress. So it is important to use it prudently.

One cup (8 oz.) of coffee generally delivers 100 to 150 mg of caffeine. Going above 600 mg can have adverse effects and may be prohibited by your sport's governing body. For endurance events lasting longer than two to three hours, you also may benefit from taking another dose of about 50 to 150 mg in the form of a caffeinated gel or energy drink for a boost during the latter part of the event.

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.

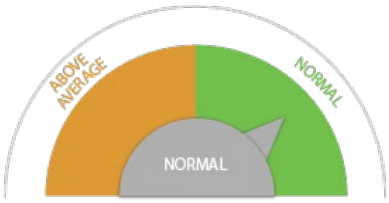
Our analysis investigated which genotype for these genes was present in your DNA. Your rating of NORMAL or SLOW reflects whether your genotype included those that carried a risk of adverse side effects in response to caffeine use or whether you are likely to benefit from using caffeine as an ergogenic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

Despite its longstanding reputation as such, caffeine is not a diuretic, so won't dehydrate you. As with any ergogenic aid, always be sure to test your response to caffeine in training before trying it during an event.

SYSTEMIC INFLAMMATION

WHAT YOUR GENES SAY ABOUT YOU:

Our analysis indicates that your genetic profile exhibits characteristics that give you a likelihood of having NORMAL systemic inflammation levels. That means your CRP levels are likely to fall in a normal range. That's good news because chronically elevated inflammation levels take a toll on your organs and pave the way for diseases like diabetes and heart disease. Of course, genes are only one factor in systemic inflammation. You still need to follow a balanced diet, train intelligently, and maintain a healthy weight.



SUCCESS STRATEGIES

Normal CRP levels vary from laboratory to laboratory, but generally there are no or very low levels of CRP detectable in the blood.

According to the American Heart Association, you are at a low risk for developing heart disease if your CRP levels are less than 1.0 mg/L; your risk is considered average if your levels are between 1.0 mg/L and 3.0 mg/L, and your risk is high if your levels are higher than 3.0mg/L. Simple, healthy lifestyle practices go a long way in keeping systemic inflammation levels in a low, healthy range. Maintaining a healthy weight is one of the best ways to keep systemic inflammation in check, since carrying excess fat, especially metabolically active abdominal fat, can induce chronic low-grade inflammation.

The good news for you as an active person is that regular physical activity, which can help you maintain a healthy weight, is one of the best "anti- inflammatories" there is. Regular exercise has been shown to reduce inflammation by up to 60 percent. In a 10-year study of nearly 4,300 men and women, British researchers found that those who got 2 2

SYSTEMIC INFLAMMATION

The genes and their associated SNPs that are included in this category have been shown to have significant associations with a person's systemic inflammation levels. That's low-level inflammation we don't see, which left unchecked, can damage our blood vessels and lead to many serious chronic diseases like heart disease, diabetes, stroke, neurodegenerative diseases like Alzheimer's, and some cancers. Chronic inflammation also hinders recovery from exercise and training and harms performance.

Doctors use C-reactive protein (CRP) levels as a general marker of systemic inflammation. CRP is a protein found in your blood plasma that binds to the surface of dead or dying cells and certain bacteria to clear them from your body. When there's a lot of cellular damage to clean up, CRP levels rise. Unsurprisingly, high CRP levels have been linked to a higher risk of mortality.

Your genetic profile indicates that you are inclined to have NORMAL systemic inflammation levels.

You can maximize the beneficial effects of your genes by eating an anti-inflammatory diet and training consistently, including rest and recovery days after strenuous workouts, competitions and races, and training blocks.

RELATED GENES / SNPs

CRP, APOC1 (APOE-CI-CII), HNF1A

hours of moderate exercise a week had significantly lower CRP levels than those who were less physically active. Those who began exercising regularly during the study had lower inflammation levels by the end.

It's important to note that exercise often causes some degree of inflammation. A long, hard and/or intense training session is a form of stress that initiates an inflammatory response, which is part of the adaptation process that generates muscle and makes you stronger and fitter as your body rebuilds. If you constantly train hard without adequate rest, such as doing high intensity CrossFit workouts every single day or training for long endurance events like marathons, ultras, and long distance triathlons, you raise your risk for chronic inflammation. Also, research suggests that sporadic intense exercising, such as being a "weekend warrior," can increase inflammation and weaken immunity, rather than bolster it.

Your favorable genotype may help protect you from chronic inflammation that can result from too much intense exercise without adequate rest and inconsistent training, but you should still aim to follow healthy, consistent training practices that include a mix of high intensity training days interspersed with adequate recovery days. Avoid slogging through workouts when you're feeling fatigued.

Eating a Mediterranean-style diet that is rich in inflammation-lowering polyunsaturated omega-3 fatty acids also helps keep CRP levels low. Build your diet around plant foods and eat lots of vegetables and fruits with moderate amounts of lean protein and healthy fats. Avoid eating fried foods, fast foods, and foods that are high in sugar, as they can raise inflammation. If you drink, do so in moderation. Too much is bad for you, but research shows that moderate amounts, such as a drink a day, lowers your CRP levels more than totally abstaining. It's not a reason to start drinking, of course. But good news for those who enjoy alcohol in moderation.

There are many culprits behind systemic inflammation, including autoimmune diseases, being overweight (especially if you carry your excess fat in your abdomen, where it is most metabolically active), poor fitness, a diet that is high in sugar and other inflammatory foods, sleep deprivation, as well as exposure to secondhand smoke and other pollutants.

CRP is also significantly influenced by genetics. Researchers estimate that the heritability of CRP levels is up to 40 percent. In a recent genome wide association analysis of more than 82,700 men and women, scientists identified a half a dozen genetic variations that were significantly associated with CRP levels. When they ranked the study participants according to their at-risk CRP genetic makeup, those in the highest gene score group had an average CRP level that was more than double the average level of those in the lowest gene score group.

Our analysis investigated which genotype for this gene was present in your DNA. Your rating of NORMAL or, ABOVE AVERAGE reflect whether or not your genotype include those that increase your risk for elevated systemic inflammation levels.

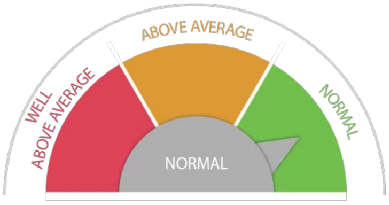
INJURY RISK

The genes and their associated SNPs in this category have been shown to have significant associations with a person's bone mineral density and risk of fracture.

Strong bones are essential for good health and longevity as well as to support your active lifestyle and avoid injuries like stress fractures and breaks. Throughout your life, your body is constantly breaking down old bone (in a process called resorption) and laying down new bone. You reach peak bone density at about age 30, after which you may start breaking down bone faster than you make it. If this loss remains unchecked, you can end up with dangerously thin bones that increase your risk of fracture. Because of hormonal reasons and the fact that they have thinner bones to begin with, women are at particular risk for thinning bones and osteoporosis (a disease where bones are porous and prone to breaks), especially after menopause.

WHAT YOUR GENES SAY ABOUT YOU:

Our analysis indicates that your genetic profile exhibits characteristics that give you a likelihood of having NORMAL fracture risk and bone mineral density. That's good news because thinning bones and fractures not only can take you out of the sports and activities you enjoy, but also can be life threatening in your older age. Of course, genes are only one factor in determining bone mineral density and fracture risk. You still need to follow bone-building nutrition, exercise, and lifestyle habits.



Your genetic profile indicates that you are inclined to have NORMAL fracture risk and bone mineral density.

You can optimize the beneficial effects of your genes by eating, exercising, and practicing lifestyle habits that contribute to strong, healthy bone density.

RELATED GENES / SNPs

SPTBNI, MEPE, SLC25AI3, MBL2/ OKKI, LRP5, CI8orfI9

SUCCESS STRATEGIES

As an active person, you're already ahead of the curve for building strong bones. But your diet is equally important and your lifestyle habits and even certain medications can contribute to bone loss. So it's important to practice bone-building behaviors and avoid those (like smoking, which you likely already avoid) that can diminish your bone density, including

Eat adequate calcium and vitamin D. Your bones are made from mostly calcium, so it's essential to get enough of this mineral every day. Men 70 years old and younger and women 50 years old and younger need 1,000 milligrams a day; men 71 years old and older and women 51 years old and older need 1,200 milligrams a day of calcium. You can get adequate calcium from dairy products like yogurt and cheese, sardines and salmon with bones, dark leafy vegetables, and tofu. Vitamin D assists in calcium absorption and bone formation. You get vitamin D through exposure to the sun and you can get it from fortified dairy products, eggs (with the yolks), and saltwater fish. Men and women 50 years old and younger need 400 to 800 IUs a day; men and women 51 years old and older need 800 to 1,000 IUs a day. Almost 70

INJURY RISK

percent of Americans don't meet all their vitamin D needs. You can ensure you get enough by taking a supplement of 400 to 800 IUs.

Train your core. Your spine is one of the most vulnerable spots for bone loss. Do core training, such as push-ups, pull ups, and planks year round.

Add impact exercise. Impact exercise like walking, running, racquet sports, and jumping drills like plyometrics put healthy stress on your bones and encourage bone development. If you primarily practice non-impact sports like cycling and swimming, incorporate some impact cross training into your schedule.

Make muscle. Strong muscles and strong bones go hand in hand. Your muscles put healthy tension on your bones and encourage bone formation. Strength training is essential, especially once you hit your 40s, when muscle mass may naturally decline. It's also important to strength train those body parts that you don't use in your typical activity. Bone density is "site specific", meaning that you build more bone in the places that have the most muscle mass and that you work the hardest.

Be mindful of your medications. Certain medications such as corticosteroids, aluminum containing antacids, antidepressants, and proton pump inhibitors can contribute to bone loss. Talk to your doctor if you need to be on them for any length of time.

Twins and family research reveals that up to 85 percent of the variance in bone mineral density (BMD) is determined by genetics.

The largest meta-analysis of 17 genome-wide association studies found that certain genetic scores were highly associated with BMD and fracture risk. The only way to know for certain that you have healthy or low BMD is to have a bone density test, called a dual energy x-ray absorptiometry or DXA scan, which measures bone density in your hip and spine. Other screenings, such as the kinds that measure bone density in your lower arm wrist, finger, or heel, also can identify thinning bones.

Our analysis investigated which genotype was present in your DNA. Your rating of NORMAL, ABOVE AVERAGE, or 9ELL ABOVE AVERAGE reflects whether or not your genotype includes those that increase your risk for low bone mineral density and bone fracture.

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