




Fitness Gene Test

**SAMPLE
SUMMARY REPORT**





Fitness Genomics

Endurance Related

Traits	Risk	Rating	Description
 Lactate Threshold	Typical	5.4	As per your genotype, your Lactate Threshold is typical.
 Aerobic Capacity Trainability	Typical	4.7	As per your genotype, your Aerobic Capacity Trainability is typical.
 Endurance	Typical	4.5	As per your genotype, your Endurance profile is typical.

Power Related

Traits	Risk	Rating	Description
 Hand Grip Strength	Good	4.0	As per your genetics, you have a good hand grip strength ability.
 Power	Typical	4.6	As per your genotype, your Power profile is typical.


Injury Risk

Traits	Risk	Rating	Description
 Muscle Injury	Typical	5.5	As per your genotype, you have a typical risk for Muscle Injury.
 Rotator Cuff Injury	Poor	6.2	As per your genotype, you have an elevated risk for Rotator Cuff Injury.
 Anterior Cruciate Ligament Injury	Typical	5.9	As per your genotype, you have a typical risk for Anterior Cruciate Ligament Injury.
 Tennis Elbow	Typical	6.0	As per your genotype, you have a typical risk for Tennis Elbow.
 Concussion	Poor	6.8	As per your genotype, you have an elevated risk for Concussion.
 Achilles Tendinopathy	Good	4.0	As per your genotype, you have a low risk for Achilles Tendinopathy.

Exercise Response

Traits	Risk	Rating	Description
 Insulin Sensitivity and Regulation of Energy Intake	Poor	7.5	As per your genetics, your response to insulin sensitivity is poor.
 Blood Glucose Response to Exercise	Typical	5.0	As per your genetics, your relative ability to reduce blood glucose levels in response to exercise is typical.
 Triglyceride Response to Exercise	Typical	5.0	As per your genetics, your relative ability to reduce blood triglycerides levels in response to exercise is typical.
 Muscle Damage and Recovery	Typical	5.9	As per your genotype, your Muscle Damage and Recovery profile is typical.
 Fat Loss Response to Exercise	Typical	5.5	As per your genotype, your Fat Loss Response to Exercise is typical.
 Resistance training and Muscle building	Typical	5.0	As per your genotype, your response to Resistance Training and Muscle Building is typical.
 Exercise Motivation	Good	3.6	As per your genetics, you have good intrinsic motivation for exercise.
 HDL Response to Exercise	Typical	4.1	As per your genetics, you have a typical ability to increase HDL levels in response to exercise.
 Blood Pressure Response to Exercise	Typical	4.3	As per your genetics, your blood pressure response to exercise is typical

Flexibility

Traits	Risk	Rating	Description	
	Flexibility	Typical	5.0	Your genetic profile indicates typical Flexibility.

Physical Traits

Traits	Risk	Rating	Description	
	Pain Tolerance	Slightly Elevated	6.3	As per your genotype, you are highly pain sensitive.
	Reaction Time	Poor	6.4	As per your genetics, you have a high likelihood of impairment of reaction time.
	Lean Body Mass	Good	3.9	As per your genetics, you have a good inherent ability to have higher lean body mass.
	Resilience	Excellent	2.0	As per your genetics, you have a very high likelihood of developing Resilience.

How to Read Your Report

— WHAT IS GENETICS? —

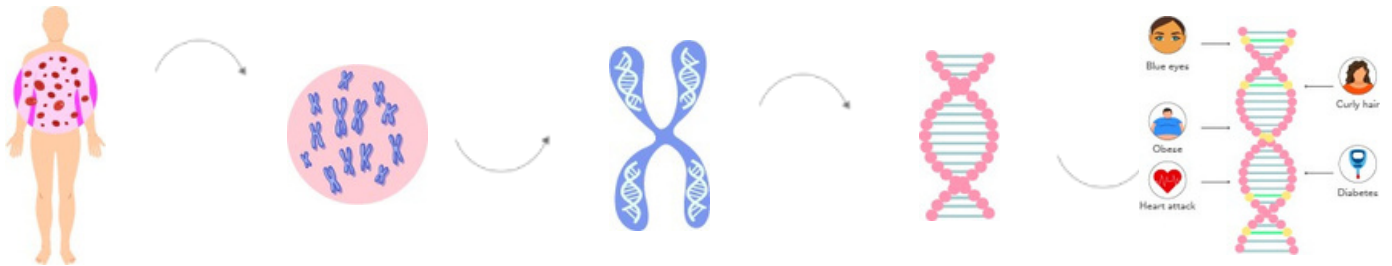
Human are made up of cells

Cells are made up of nucleus

Nucleus is made up of chromosomes

Chromosomes are made up of DNA

DNA is made up of genes

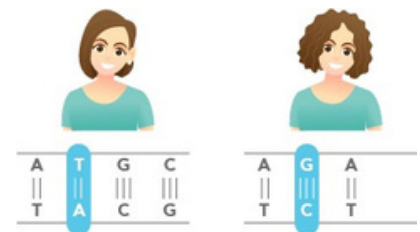


Genes are coded by nucleotides

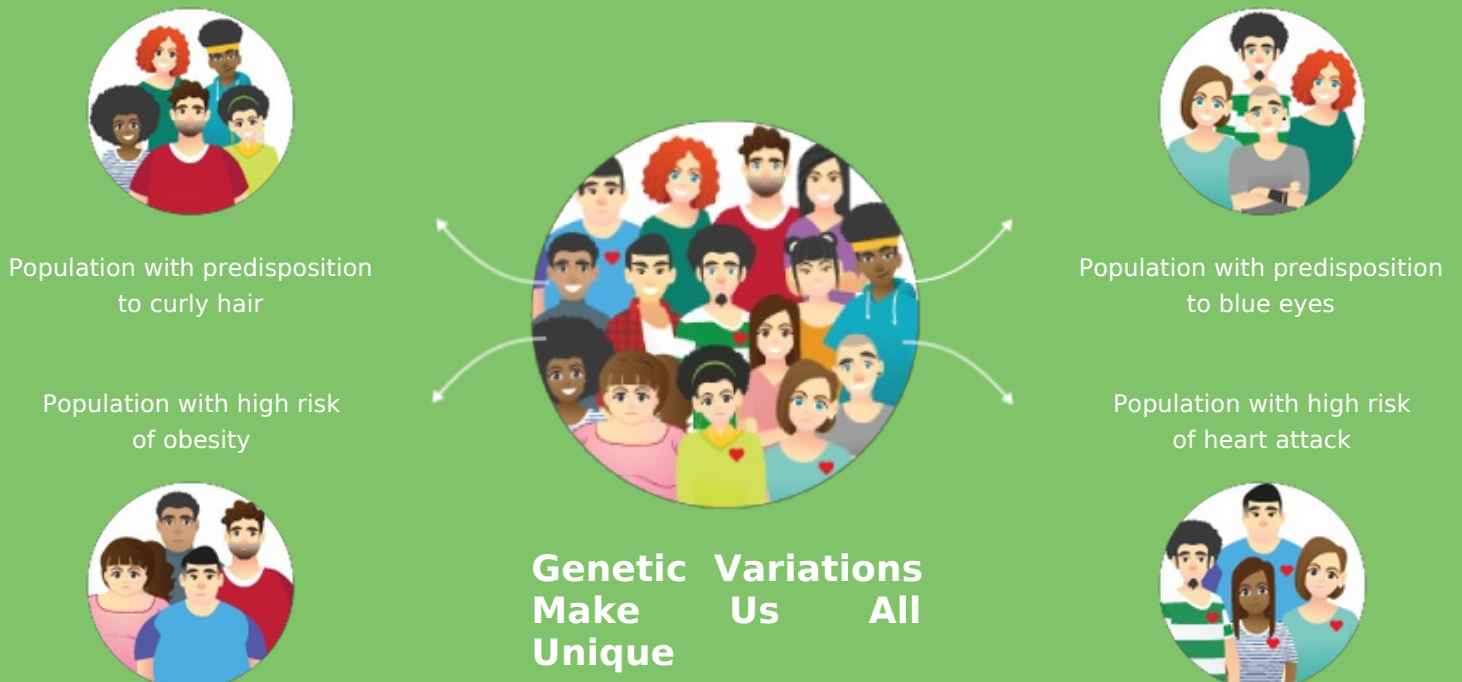
A	T	G	C
T	A	C	G



Changes in nucleotides lead to genetic variations
Straight hair Curly hair



WHAT IS PREDICTIVE GENETICS?



— SCORE INTERPRETATIONS —

SCORE	DEPICTION	INTERPRETATION
0-2	Excellent / Protective	An 'excellent / protective' score indicates a very favorable response or ability for a trait
2.1-4	Good / Lower Risk	A 'good / lower risk' score indicates a favorable response or ability for a trait
4.1-6	Typical	A 'typical' score indicates a typical response or ability for a trait
6.1-8	Poor / Slightly Elevated	A 'poor / slightly elevated' score indicates an unfavorable response or ability for a trait
8.1-10	Very Poor/ Highly Elevated	A 'very poor / highly elevated' score indicates a very unfavorable response or ability for a trait

— GENERAL GUIDELINES —

Genetic risk or predisposition given in the report is based on statistically relevant genomics research studies, which should not be taken as a diagnosis of any health condition or overall wellness.

Traits in the report are not genetically interlinked; their genetic associations are independent of each other. Therefore, every trait score and interpretation are independent of each other.



EXPLORE MORE GENE TESTS

1. ALLERGY GENE REPORT WOMEN/MEN
2. BONE HEALTH GENE REPORT WOMEN/MEN
3. CARDIOVASCULAR GENE REPORT WOMEN/MEN
4. CIRCADIAN GENE REPORT WOMEN/MEN
5. DENTAL GENE REPORT WOMEN/MEN
6. GASTRO GENE REPORT WOMEN/MEN
7. HEMATOLOGY GENE REPORT WOMEN/MEN
8. HORMONAL GENE REPORT WOMEN/MEN
9. IMMUNOLOGY GENE REPORT WOMEN/MEN
10. INFECTIOUS GENE REPORT WOMEN/MEN
11. LIFESTYLE GENE REPORT WOMEN/MEN
12. NEUROLOGY GENE REPORT WOMEN/MEN
13. NUTRITION GENE REPORT
14. OPHTHAL GENE REPORT WOMEN/MEN
15. PERSONALITY GENE REPORT
16. PULMONARY GENE REPORT WOMEN/MEN
17. RENAL GENE REPORT WOMEN/MEN
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