

Sample Report Health

healthsample

Your Report

Meet the Team

Genetics 101

Result Summary

Your Results

Training Response

Aerobic Trainability

Recovery Profile

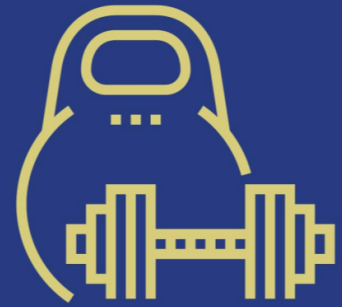
Injury Predisposition



Fitness

Your Fitness Report





Hey Sample Report,

We have now processed your sample and developed your own personal genetic fitness profile. The results here will tell you about your genetic traits and lifestyle changes you can make which can improve your fitness.

We've analysed your genes, so we can explain your optimal training intensity response, aerobic training response, recovery profile and injury predisposition. We've also put together advice from expert sport scientists, to help you harness these results and make changes that support your fitness journey. We champion an approach to wellbeing that focuses on lasting, research-based changes that add up to significant health and fitness improvements over time.

At DNAFit we don't use your results for anything other than supporting you in your wellness journey. Unlike many other genetic profiling services, we're not in the business of mining data. Your results are yours, and yours alone. We will never sell or share your data with anyone else.



Welcome to your personal DNAFit report

Dear Sample Report,

At DNAFit, we've been pioneering the use of personal genetics for a truly individualised approach to wellbeing for many years now.

We are really pleased to welcome you to your personal genetic report. We believe that real wellness comes from finding the right path for you, and understanding the basis of how your genetics impact your fitness traits to help kick start your health journey.

Within your report, you'll discover how your DNA can impact everyday decisions to allow a better personalised lifestyle. We'll show you the genetic variants we have analysed, how they affect you, and what action you could include in your lifestyle based on these results.

To build your report, we've used hundreds of scientific papers to select genes that have been repeatedly shown to impact your nutrition, fitness or wellbeing response.

Genetics is only one part of the picture, but an integral part in your health journey. Who you are is built on the unique interaction between your nature and your nurture, so let's get started and help you understand more about your nature, so we can help you personalise your nurture.

If you have any questions or queries about your report, please contact us at info@dnafit.com or via your personal wellness coach using the DNAFit app.



Avi Lasarow
Avi Lasarow
CEO & Founder, DNAFit

Wishing you all the best on your personalised wellness journey!

The research behind your report was created by the DNAFit Exercise Scientific Advisory Board



Dr. Keith Grimaldi
Chief Scientific Officer



Craig Pickering
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Group Chief Clinical Officer

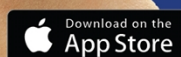
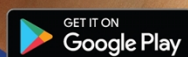


Prof. Ildus Ahmetov
GWAS Research Lead

Take your DNAFit journey to the next level



Fitness is only one piece of the puzzle. Unlock your entire genetic journey, including your nutrition profile on the DNAFit app. You can even chat live with one of our expert wellness team members!



Contents

What This Report Will Cover

01

Genetics 101

Get to grips with the basics of genetics to help you understand your results, and discover how we interpret your genes to tailor our reports.

02

Results Summary

A one-page infographic overview of all your individual genetic fitness profile results.

03

Training Intensity Response

Understand how your genetics affect the way you respond to different types of exercise, helping you personalise your workouts to help you reach your goals.

04

Aerobic Training Response

VO2 Max is a popular measure associated with endurance sport. Understand how your genetics may have an impact on your response to improving VO2 Max with exercise.

05

Recovery Profile

We'll help you understand how your DNA profile can affect your speed of recovery after hard workouts so you can train smarter.

06

Injury Predisposition

Discover the role your genetics can play in risk of certain sporting injuries, so you can proactively manage and protect your risk of injury.

01

FIRSTLY

Genetics 101

To help you get the most out of this report, here's a quick 'Genetics 101'. Once you've got an understanding of the basics of genetics, you'll be all set to make the best use of your results and help apply them to make the lifestyle changes that are right for you.

We've brought together the latest genetic research and a personalised exercise planning programme to help you optimise your workouts.





IMPORTANT TO KNOW

What's a gene?

A gene is a specific segment of your DNA. It contains instructions for your body to make the thousands of different types of proteins it needs to function. Each gene has a specific job to do, and we're focusing on those genes that affect many factors around wellbeing & everyday health.

What's a genotype?

With every gene, the specific version of that gene that you carry is called your genotype. Depending on your individual genotype, you may have a different genetic response to certain lifestyle factors.

What do the letters in my genotype mean?

Each gene is comprised of smaller molecules, and these are represented by a combination of letters. These letters are called 'Alleles' - they are tiny variations on a section of a gene. They are most commonly shown by the following four letters:

A C G T

With each section of your DNAFit report, we'll give you a set of easy to understand actions and explanations of your genetic profile. In each section, we'll take you through:



Which genes we've analysed & why



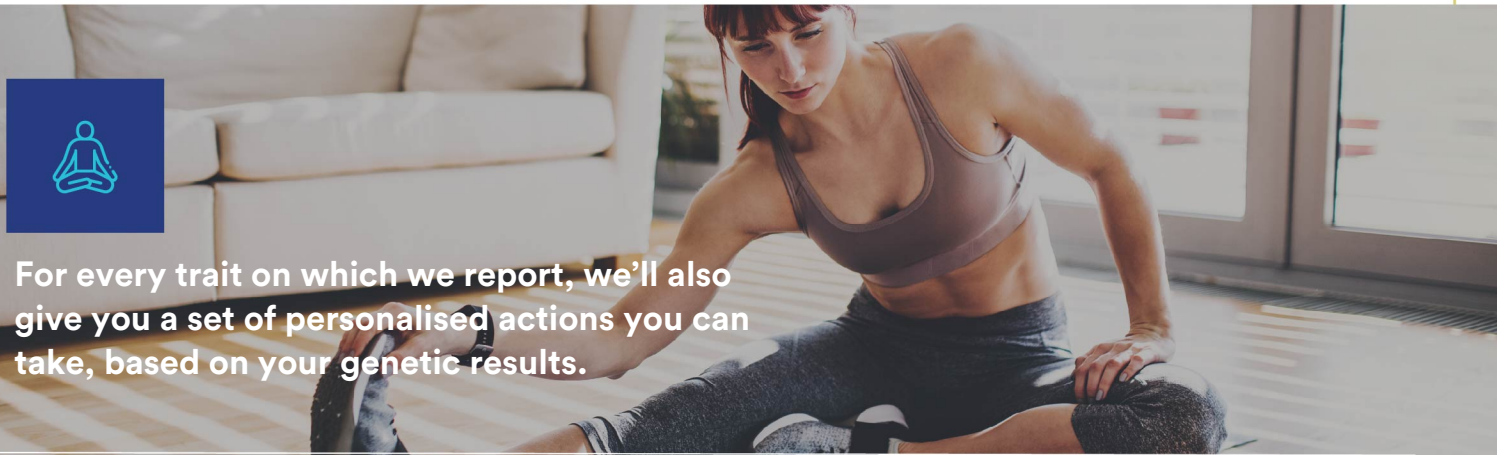
How these genes affect each trait



The version of these genes that you carry



The impact that your genotype has on each trait



For every trait on which we report, we'll also give you a set of personalised actions you can take, based on your genetic results.

02

NEXT

Your Results Summary

Let's make your training and exercise choices more personal. We've analysed your DNA sample for a selection of the most-researched genetic variants connected with a response to exercise. We are looking at everything from training intensity to sports injury predisposition.

Remember: Your genetic makeup is only one part of the picture, it is not a method of prediction or identifying talent. We cannot use genetics to change your goal, rather to help reach that goal on a more personalised level, whatever that goal may be.



Your Fitness Report

Your Name
Sample Report
Health Fit
Sample No
healthsample

Report Date
2019-06-27



Others like you

26%

YOU ARE 1 IN 4 PEOPLE WITH YOUR FITNESS TYPE

Around 26% of people share the same Power/Endurance result category as you!

Finding the best way to workout is a personal journey. With knowledge of your genetic profile, we can help you create the best nurture, for your nature.

Power

Endurance



48%
Power



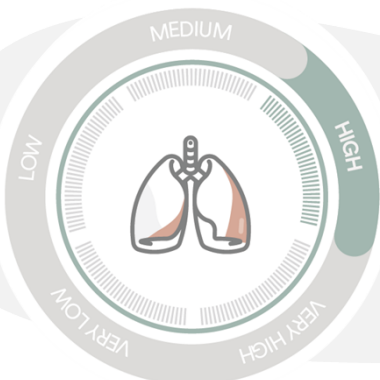
52%
Endurance

Your genetic profile is almost equally balanced between power and endurance dominance. You'd benefit from including mixed activities in your training plan.

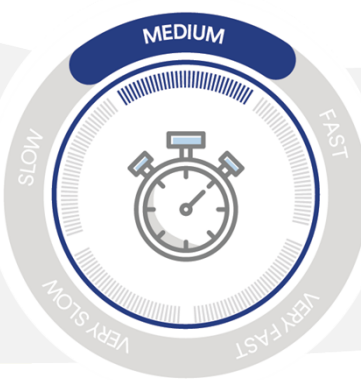
Aerobic Training Response

Recovery Speed

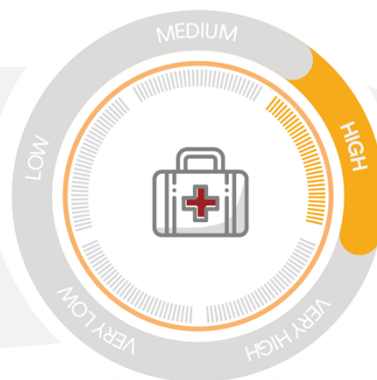
Injury Predisposition



You have a high response to aerobic training based on your DNA, which suggests you would expect to see a higher than normal rate of improvement from aerobic training.



Your genetics would place you in our medium category for recovery, so you can tolerate hard workouts at a normal rate.



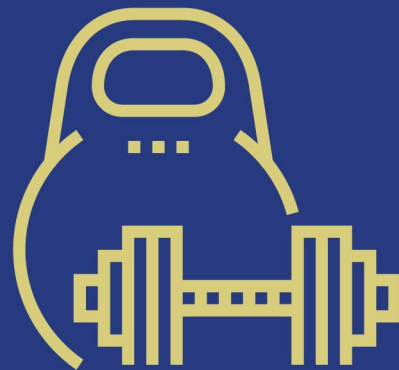
You have a high predisposition to connective and soft tissue injuries. You are much more likely to develop tendonopathies and tendonitis with regular training.

03

NEXT

Your Training Intensity Response

Everyone's fitness benefits from both power and endurance training. However, some people are genetically predisposed to responding better to one than the other. Understanding your power/endurance response allows you to leverage your genetic makeup for more personalised training.





Your Training Intensity Response

Did you know?

Following a genetically-guided exercise program from the DNAFit panel has shown up to three-fold improvements in results compared to genetically mismatched training.



Your Results

Your genetic profile is almost equally balanced between power and endurance dominance. You'd benefit from including mixed activities in your training plan. In your training mix power and endurance activities to benefit from your intermediate profile.



48%
POWER



52%
ENDURANCE



Others like you
26% of our users have the same result as you

Your Genotype Table

We've chosen a selection of the most researched genes available in relation to exercise response and built our own unique algorithm, the DNAFit Peak Performance Algorithm®. Using this, we can help you prioritise how to get the most out of your training, by understanding your unique genetic response to training intensity.

Your Power Profile

Genes Tested	Your Genotype	Effect
ACE	ID	•
AGT	TT	-
ACTN3	CC(RR)	••
TRHR	GG	••
PPARA	GG	-
VEGF	GG	-
VDR	CT	-
IL6	GG	••

Your Endurance Profile

Genes Tested	Your Genotype	Effect
ACE	ID	•
ADRB2	AA	••
ADRB2	CC	••
ACTN3	CC(RR)	-
BDKRB2	CT	•
COL5A1	TT	•
NRF	AA	-
PPARGC1A	GG	••
PPARA	GG	••
CRP	GA	•
VEGF	GG	-

Your Action items

Based on your genetic result, we recommend the following:

01



Take advantage of your mixed power and endurance result by including both low intensity and high intensity exercise in your training.

02



Aim to keep your training in the context of your goal - if you're a runner for example, include both short sprints and long distance work.

03



Use your result to guide how you spend your training time - with your genotype you should aim to include an even mix of power and endurance activities.

Understanding more about training intensity response

How can I use my genetic results to improve my workout?

Choosing the right way to workout can be confusing, but whatever your goal, you can use the DNAFit Peak Performance Algorithm® to help you take advantage of your DNA information to reach your goal.

How can my genetic results affect my response to exercise?



01 Understanding your power/ endurance profile allows you to match your training to your genetics - evidence shows this can help provide better results.



02 Evidence shows that those participants who followed DNAFit's power/endurance Peak Performance Algorithm® through genetically matched training plans enjoyed three times the results compared to people who did not use genetic information.



03 We recommend using this result to tweak and influence how you build the type of workouts for your goal - not to change your goal altogether.

High Intensity vs. Low Intensity Exercise

Depending on your genetic results you may be best suited to prioritise higher intensity or lower intensity exercise in your weekly workout plan. High intensity exercise methods tend to use short intense bursts of exertion to work towards your goal, whereas low intensity exercise methods use longer, but less intense periods of exertion.

High Intensity Exercise



Sprinting



HIIT Training



Resistance Exercise 5 sets 5 reps

Low Intensity Exercise



Endurance Cycling



Hiking



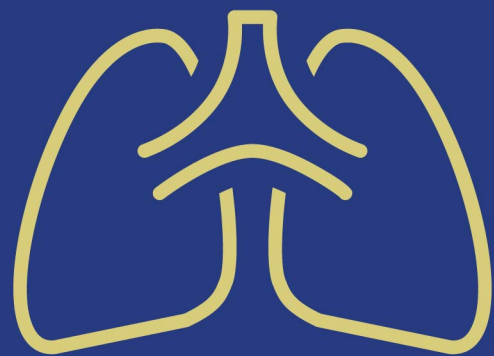
Resistance Exercise 4 sets 15 reps

04

NEXT

Your Aerobic Training Response

The VO2 Max test measures the maximum or optimum rate at which your body can effectively use oxygen during exercise. It's a popular measure of progress in endurance athletes, and genetic variants can influence our VO2 Max response.





Your Aerobic Training Response

Did you know?

The highest ever recorded VO2 Max is reported to have been performed by a cyclist called Oskar Svendsen at 97.5 ml/kg/min.



Your Results

High



Your DNAfit assessment has determined that your genetic profile predicts a tendency towards a high VO2 Max based on variations in your genes. In order to make the most of your natural VO2 Max capacity, you will need to cross-train by consistently including both endurance and power activities in your training program.

Exploit your tendency towards a high VO2 Max by including both endurance and power activities in your training program.

Your Genotype Table

The genes we've analysed here all play a role in your response to aerobic training, their functions relate to production of mitochondria, blood vessel growth and the use of energy during exercise.

Your VO2 Max Genes

Genes Tested	Your Result	Effect
ADRB2	AA	••
ADRB2	CC	••
CRP	GA	•
PPARGC1A	GG	••
VEGF	GG	-



Others like you

26% of our users have the same result as you

Your Action Items

Here's some simple actions to take based on your results:

01



Take advantage of your rapid response to aerobic training by including aerobic work to develop your fitness.

02



Although VO2 Max is an important metric, it is not the only one that matters for endurance performance, so don't place undue emphasis on this alone

03



You can do a VO2 Max test in a local sport science lab, or use a simple HR equation to estimate your current VO2 Max.

05

NEXT

Your Recovery Profile

Recovery is one of the most important aspects of any training plan. If you don't allow for proper rest between training sessions, you run the risk of compromising future workouts.





Your Recovery Profile

Did you know?

Sleep & nutrition are essential factors during recovery. The body needs to synthesise proteins faster than it breaks down to build up muscles and recover, and sleep allows us the opportunity to do this effectively.



Your Results

Medium



Your DNAFit assessment has determined that you have variations in gene(s) important in free radical removal [GSTM1, SOD2]. In order to support your genetic profile, DNAFit recommends that you consume adequate amounts of antioxidants in your daily diet.

Your DNAFit assessment indicates variations in gene(s) related to immune support and recovery [TNF]. In order to complement this genetic component, DNAFit recommends that you include Omega-3 fatty acids in your daily diet.



Others like you

45% of our users have the same result as you

Your Genotype Table

The genes we've analysed here all play a role in your levels of metabolic stress after exercise, these functions relate to elements of oxidative stress & inflammation levels.

Your Recovery Genes

Genes Tested	Your Result	Effect
GSTM1	D	••
GSTT1	I	-
SOD2	CC	••
IL6	GG	-
IL6R	AA	-
CRP	GA	-
TNF	AG	•

Your Action Items

Here's some simple actions to take based on your results:

01



Consume Omega-3 in your diet to support your body's anti-inflammatory response.

02



Eat a variety of colourful fruit and vegetables to support your natural antioxidant systems.

03



With your medium recovery profile, it's recommended to leave a 48 hour rest period between very hard workouts.

06

NEXT

Your Injury Predisposition

Everyone is susceptible to injuries when training, however some of us have a higher genetic predisposition to injury risk than others. People with a higher injury risk need to include injury prevention sessions in their training plan.



Did you know?

Variations in genes related to collagen can make some people more predisposed to tendon and ligament based sporting injuries



Your Injury Predisposition

Your Results

High



You have a high predisposition to connective and soft tissue injuries. You are much more likely to develop tendonopathies and tendonitis with regular training.

Your results indicate variations in gene(s) related to general inflammation - should you suffer from a soft tissue injury your levels of inflammation may have an impact on recovery.



Others like you

70% of our users have the same result as you

Your Genotype Table

This group of genes have been selected for their role in predisposition to the most common exercise related soft tissue injuries. Their functions relate to inflammatory response, collagen production and cartilage growth.

Injury Gene Table

Genes Tested	Your Result	Effect
GDF5	CC	-
COL1A1	GG	•
COL5A1	TT	••
IL6	GG	-
IL6R	AA	-
CRP	GA	-
TNF	AG	•

Your Action Items

Here's some simple actions to take based on your results:



For your genotype we recommend adding these achilles tendon strengthening exercises to every workout; free standing calf raises, seated calf raises, eccentric loading and plyometrics.



To strengthen your patella tendon - Include bodyweight squats, reverse lunges, eccentric single leg squats and leg extensions in your regular exercise routine.



To strengthen your shoulders and rotator cuff - Include cable external rotations, seated rows and band pull-aparts. For your genotype we advise adding a selection of these to every workout.

This is only the start!

If you haven't already, make sure you take advantage of your free DNAFit health coach consultation. Don't forget to check in on the DNAFit app and complete your wellness score too.

At my.dnafit.com you've also got a whole world of personalised recommendations at your fingertips. As ever, our expert team is here to help - drop us a line anytime at info@dnafit.com

Terms and Conditions

You are at all times responsible for any actions you take, or do not take, as consequence of the assertions or recommendation in this report, and you will hold DNAFit, its officers, employees and representatives, harmless against all losses, costs and expenses in this regard, subject to what is set out below.

To the fullest extent permitted by law, neither DNAFit nor its officers, employees or representatives will be liable for any claim, proceedings, loss or damage of any kind arising out of or in connection with acting, or not acting, on the assertions or recommendations in this report. This is a comprehensive exclusion of liability that applies to all damage and loss, including, compensatory, direct, indirect or consequential damages, loss of data, income or profit, loss of or damage to property and claims of third parties, howsoever arising, whether in tort (including negligence), contract or otherwise.

Nothing in this statement is intended to limit any statutory rights you may have as a consumer or other statutory rights which may not be excluded, nor to exclude or limit our liability to you for death or personal injury resulting from DNAFit's negligence or that of its officers, employees or other representatives. Nothing in this statement will operate to exclude or limit liability for fraud or fraudulent misrepresentation.

The information contained within this report cannot be used as medical or diagnostic advice, but rather provides you with information to better understand wellness traits associated with your genotype.

Furthermore, DNAFit do not provide any information about your ancestry. If you have any specific concerns related to health status, genetic testing or lifestyle changes in relation to your own personal health then please consult with a qualified healthcare professional.

We will use the information you give to us in product 'R&D' (Research and Development) to enhance the DNAFit Services, the quality of the products and the customer journey. Information for this purpose will be used only within DNAFit and will be de-identified. Our analytics for this will include but not be limited to web behaviour, product acquisition, user demographics, campaign results and complaints.

The purpose of the DNAFit service is to give you the power to use your Genetic Information to explore personalised solutions to reach your wellness goals. We aim to give you further understanding of your own macro- and micronutrient needs, your response to power or endurance exercise, recovery speed and sports injury risk.

Genetics is only one part of the picture, and so the value comes from understanding your genetic profile so that you can make sustainable changes that support your own goals, lifestyle and environment.

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