

dnaPower

POWER OVER YOUR HEALTH



YOUR **fitPower** RESULTS

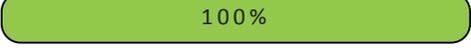
Personal DNA Report for:

Private and Confidential



YOUR fitPower SUMMARY

Your fitPower report provides you with your personal DNA results related to fitness - power and endurance activities, injury prevention and recovery, and exercise performance. The genetic composition results indicate your risk potential based on the number of normal and mutated genes. By making smart diet and fitness decisions, tailored to your genetic makeup, you can ensure you achieve maximum health.

AREA TESTED	TELLS YOU (Risk Potential)	YOUR GENETIC COMPOSITION RESULTS	PAGE
POWER AND ENDURANCE			
Endurance Activity	<i>How suited you are for endurance activities</i>		9
Power and Sprint Activity	<i>How suited you are for power, sprint and high-intensity activities</i>		10
INJURY AND RECOVERY			
Ligament Strength	<i>How well your body maintains healthy ligaments</i>		12
Tendon Strength	<i>How well your body maintains healthy tendons</i>		13
Muscle Strength	<i>How predisposed you are for muscle strength and tone</i>		14
Muscle Repair	<i>How well your muscles build and repair from physical activity</i>		15
EXERCISE PERFORMANCE			
Blood Pressure	<i>How well your body regulates blood pressure</i>		17
Energy Availability	<i>How well you utilize energy during exercise</i>		18
Energy Metabolism	<i>How well you break down nutrients during exercise</i>		19
Oxygen Uptake	<i>How well you manage oxygen during exercise</i>		20

 Normal Genes  Variations



YOUR fitPower ACTION PLAN

Your personal DNA results provide valuable insights into your body based on your unique genetic code. This is a suggested fitPower Action Plan based on your personal DNA results. We have provided you with Action Tips that may help support your DNA and health.

The areas below are where you have higher genetic variations (>50% red in the Genetic Composition graphs). This increases your risk potential in that area over time. By taking action to support your health in these areas and managing lifestyle factors such as diet, exercise, sleep, stress and environmental factors, you increase the opportunity for your genes to function optimally.

AREA TESTED	ACTION TIPS	PAGE
POWER AND ENDURANCE		
 Power and Sprint Activity	<i>You are likely more predisposed to endurance type activities or a combination. You may get better results from engaging in jogging, swimming and other aerobic activities</i>	10
EXERCISE PERFORMANCE		
 Blood Pressure	<i>Engage in less strenuous exercise to lower your blood pressure during exercise. Have a diet low in sodium and rich in potassium. Nitric oxide supplementation can provide additional support. Check your blood pressure regularly.</i>	17

- » Additional Tips are available throughout the report. Focus on areas where you have high red variations.
- » These Action Tips are based on your genetic predisposition only. They are intended to support better health. They are not an indication of a problem and do not take into account where your health may be today.
- » Consult with a healthcare practitioner before embarking on any major lifestyle changes.



Blood Pressure

HOW WELL YOUR BODY REGULATES BLOOD PRESSURE

High blood pressure, also called hypertension, means that there is too much pressure in your blood vessels. This can damage your blood vessels and cause health problems. High blood pressure usually does not cause symptoms, however, it can be dangerous if it goes undetected. It is more common in the aging population. If you are genetically prone to high blood pressure you can make proactive lifestyle choices to decrease your risks.

TIPS TO TAKE POWER OVER YOUR HEALTH

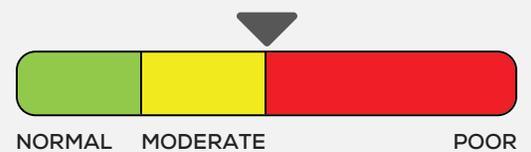
If you have variations in this panel, you may want to consider the following to enhance your fitness:

- » Manage your weight and engage in moderate exercise.
- » Decrease your intake of sodium, and increase water and foods rich in antioxidants (beta-carotene, vitamins A, C, and E).
- » Closely monitor your heart rate while exercising.
- » Avoid smoking and exposure to cigarette smoke.
- » Avoid lifestyle risk factors including excess salt, body weight, and alcohol.
- » Omega-3 rich foods and oil supplementation can be effective in preventing cardiovascular disease.

YOUR GENETIC COMPOSITION %



YOUR GENE FUNCTION




 Your variations in these genes are somewhat higher than optimal. Consider omega-3-rich foods and omega-3 supplementation. You may also benefit from a Nitric Oxide 3 (NOS-3) specific diet and lifestyle recommendations from a healthcare professional.