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# DNA Testing *and your* Fitness Plan



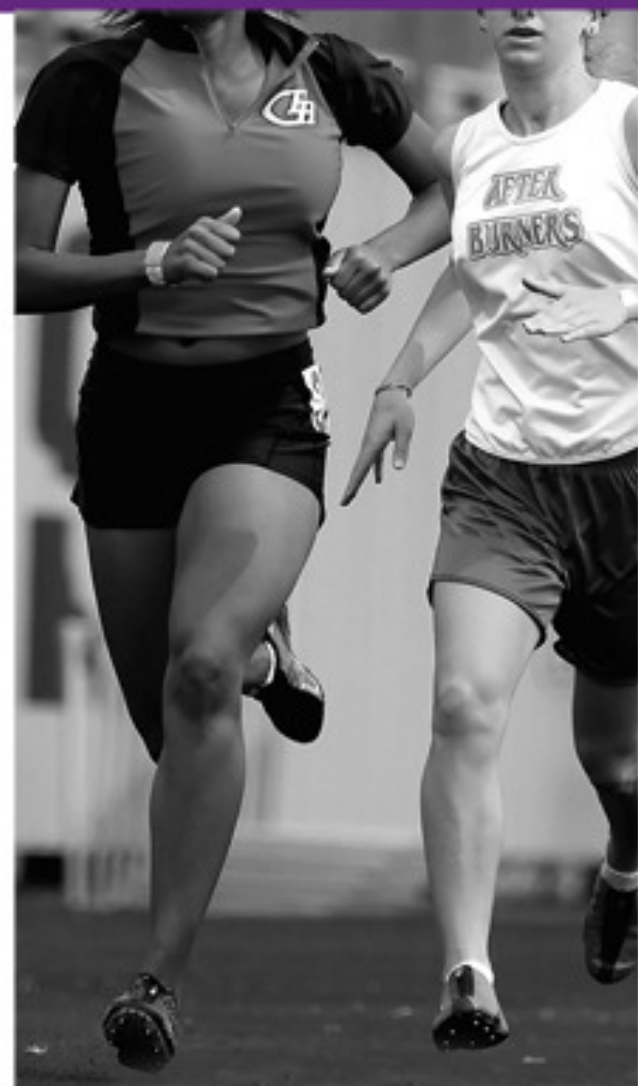
*James Schramko*



*Jonny Deacon*

Many people struggle with health and fitness. The UK National Health Service estimates that about **60 percent** of people have tried an exercise program at some time in their life.



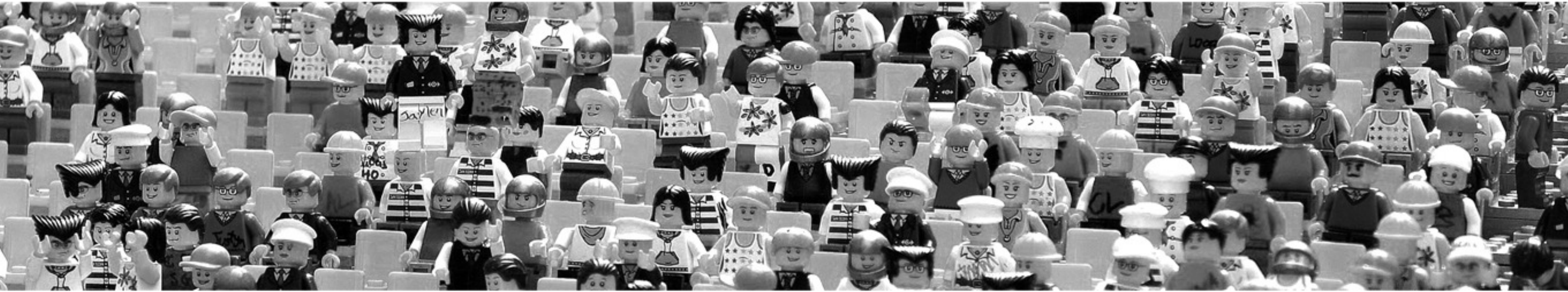


The trouble is that most people are **guessing at the type of program they need**, and relying more on luck than judgement. This goes for many professional trainers as well, who prescribe fitness regimens with limited, if any, personalization.



What if someone could take the guesswork out of your fitness efforts, and devise a health program built around **what your body REALLY needs?**

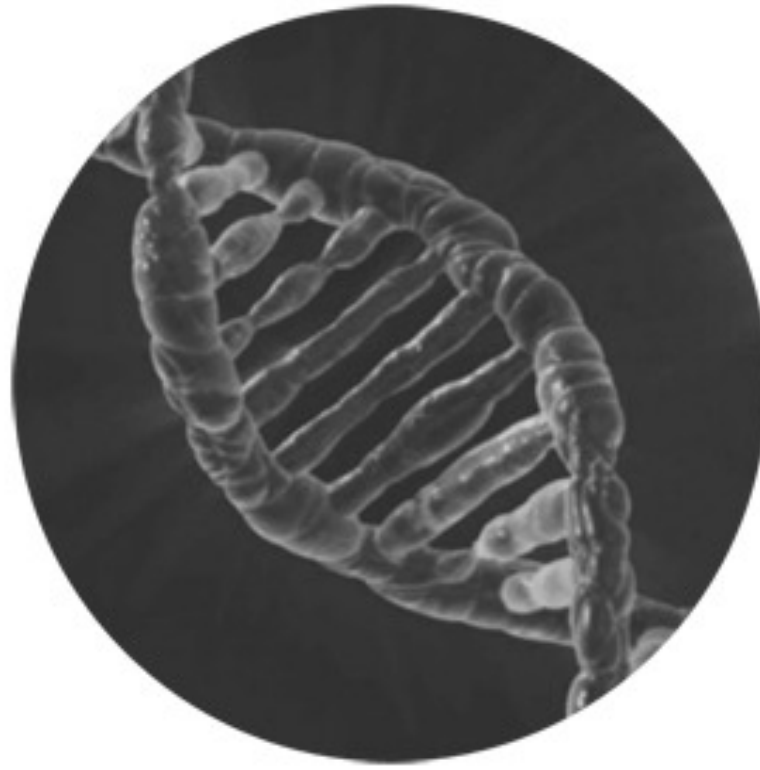
**DNA testing could very well be the answer**, according to the few but credible fitness experts who are taking it into account in their programs.



People are very *different* from one another, on the inside as well as out, so it makes sense that a fitness routine which works for one may not work for all.

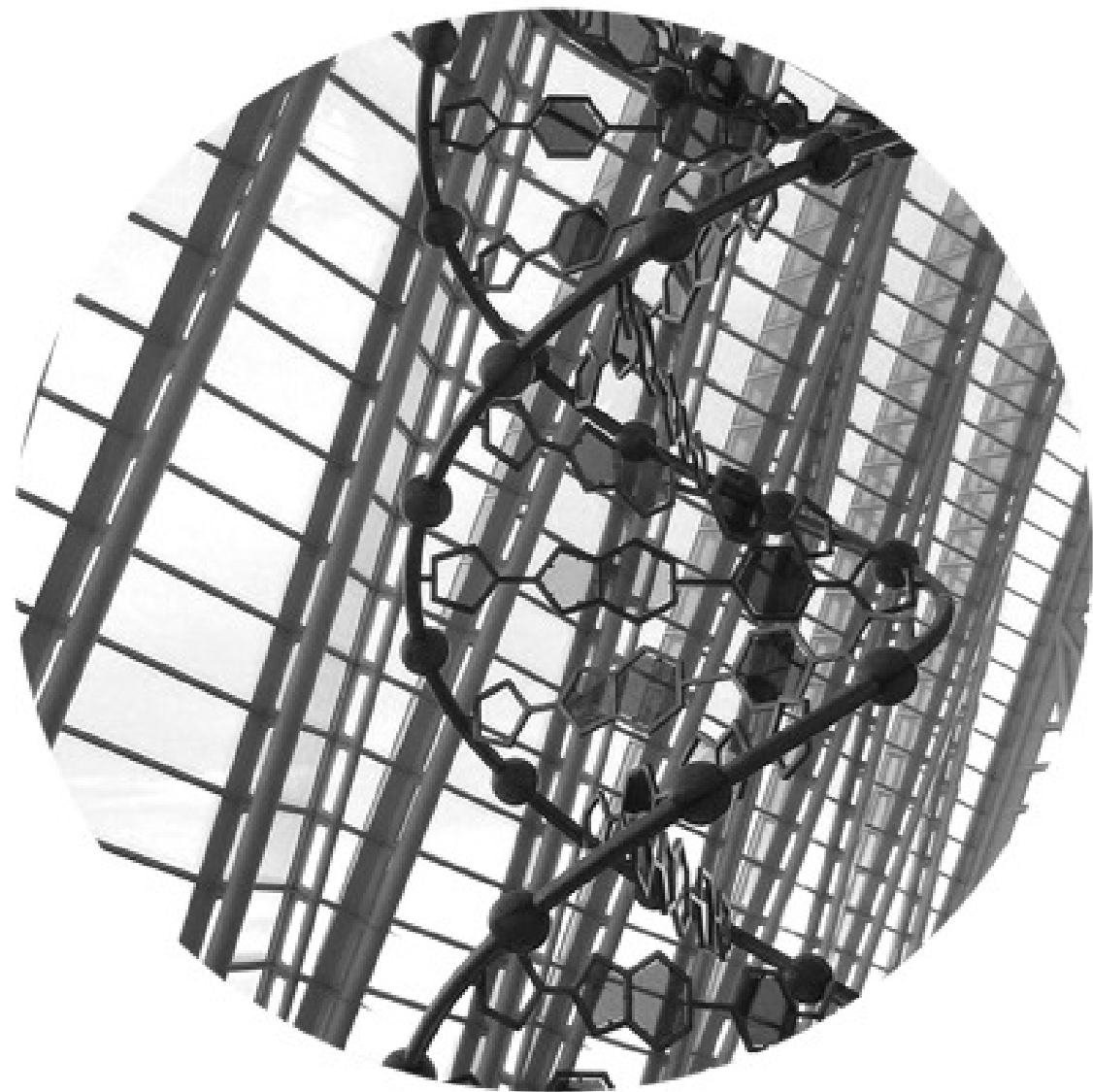
DNA testing can provide your fitness specialist with a basis for

recommendation that is *unique to you* and your special requirements.



# A Guide To *Choosing A DNA Test*

# 1. It must have an *algorithm*.



A test with an algorithm places weight on genes that are shown to have extensive research and are actually relevant to health and fitness. Rather than considering individual genes in isolation, it takes into account multiple gene interactions together. It should also take research and literature that continue to exponentially grow within the genetic space. A quality test will include those updates and interpretations of the results.

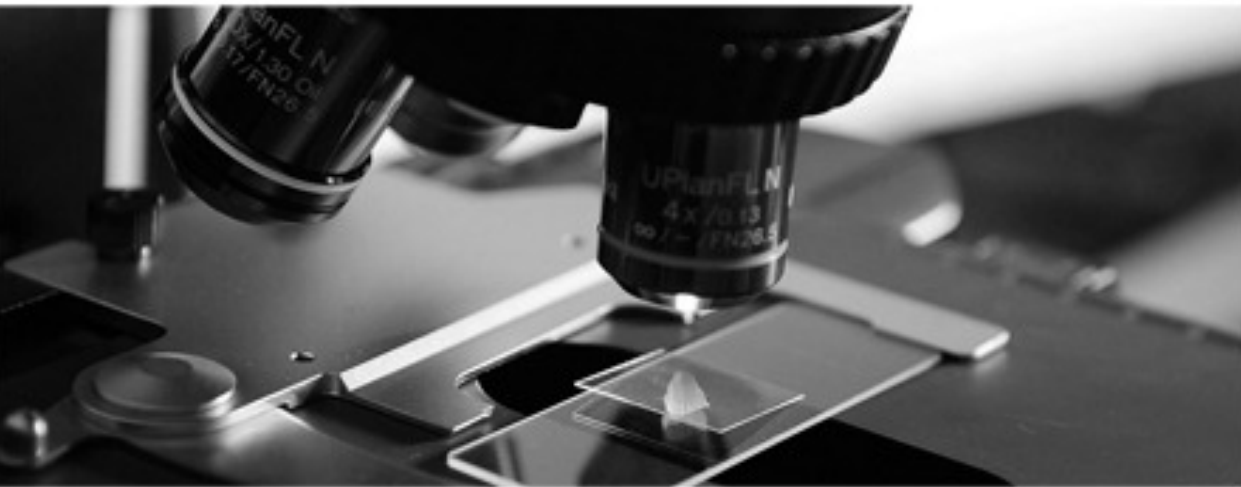
2. It should have an absolute minimum of *3 peer-reviewed studies* behind each gene.

If you decide not to go with an algorithm-based genetics test, then you want to make sure that there is an absolute three minimum peer-reviewed studies, and that these studies are done on humans (surprisingly, a lot of this research will be actually done on mice).





### 3. *Avoid "entertainment-based"* testing companies.



These are basically those who do not have to adhere to clinical guidelines. A key one is destroying your DNA sample after reports are completed. Shockingly, some testing companies are keen to store your information for future use and potentially sell it to third parties, such as pharmaceuticals, in creating drugs or any other commercial gain.

## 4. Ask for a *sample report*.



Ideally, you want a report that has marker scales on it to really dig into the data properly. If you have an overwhelming amount of data, which you then have to go to lots of different sites and check, that can become completely overwhelming.

5. It should test genes which are  
*measurable and modifiable.*



These are versions of the genes that you can modify via your environment to create the best outcome in your training and nutrition. Make sure that you're getting reports and genetic tests that you can have a positive effect on from the moment you know them. There's not a lot of good, for example, in knowing you have blue eyes when you want brown.



# Some *DNA Markers* Useful To Your Fitness Plan

# 1. *Power*

Your power score reflects your aptitude for activities requiring intense bursts of power.

People with a high power percentage will usually do well at sports like high jumping, shot put, javelin throwing or sprinting.

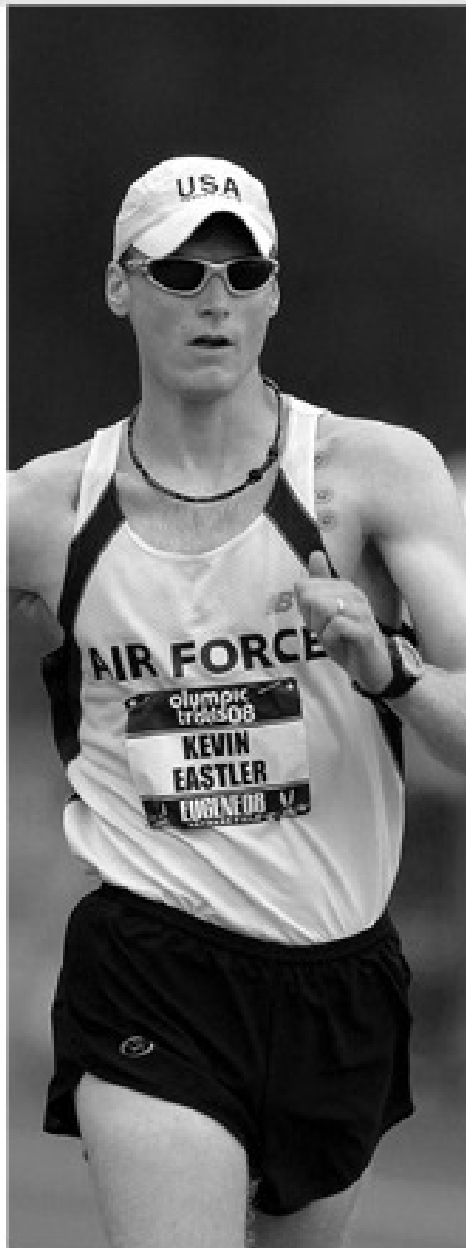


## 2. *Endurance*



A high endurance rating means you are well-suited to activities needing stamina, such as marathon running or long-distance biking.

### 3. *VO2 max*



This is a measure of how well you utilize oxygen. A person with high power but medium to low VO2 max would get limited fitness results from long bike rides or 45-minute runs. They would respond better to shorter-distance runs alternating 30-second bursts with a gentle jog.

## 4. *Injury*

An injury can completely derail your efforts to get fit. Knowing your genetic injury profile beforehand can allow you to put in prehabilitation work to lower your risk of getting hurt. If you're predisposed, for instance, to tendon and ligament injuries, there are exercises to train those areas so that they are less likely to be damaged in a workout.





## 5. *Recovery*

As with all good things, exercise is something you can overdo, so knowing your recovery profile is crucial to reaching your fitness goals. It determines how long a rest period you need between intense workout sessions. A higher score means you can probably take 4 sessions a week with a day's rest in between. A very low score means you probably need 72 hours' recovery between hard sessions.



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