



Fitness Test

Summary report

Welcome to your personal MyDNAPedia® Genotype report for Fitness and Diet Test!

We are excited to present your unique and personal MyDNAPedia® genetic test report. Thank you for allowing us to peek into your genetic inheritance – the one you’ve born with. The genes and genetic markers reported in this report are carefully selected and based on latest scientific research on genetic influence on various athletic and nutritional properties and characteristics.

The report include your detailed test results – your genotype – as well as information on genetics and on the particular biological mechanisms behind each tested gene / marker. You can also compare your genotype for each tested gene against the overall population of South Asia.

The report gives you personal understanding and recommendations for exercising and diet. Research has shown that genetics may explain up to 50% of athletic abilities, the rest being affected by so called environmental factors.

Environmental factors include e.g. attained technical level, age, climate, diet, quality of sleep, body weight, and other physical factors. With the results, you can focus on optimal exercises and diet to achieve your personal goals easier and faster.

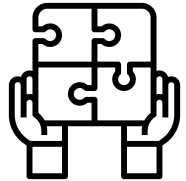
**MyDNAPedia® - Know Your DNA – Make Better Choices –
Live Healthier – Achieve Goals Faster!**



Instructions on interpreting the Results

1. Combined Score

Genetic testing is mainly based on likelihoods and risk factors. In practice, it means that with your result you belong to a group of people who are more likely to have a certain trait, risk, condition, or feature. For example, “Your genotype GG means that you have genetic potential to increase your aerobic fitness efficiently. This is an endurance property” means that in a study the group sharing the same result increased aerobic fitness with a standardised training program more than a group with an opposite result.



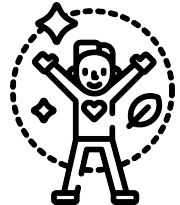
2. Reference groups and Population average

When reading the results, you should also pay attention to the frequency of the same result in the general population. For instance, majority (79%) of the general population does not have the genetic factor that helps to increase maximum oxygen uptake easily. In 18% of the population this genetic factor is inherited only from one parent and only 3% belong to the group that has an extraordinary genetic potential to increase maximum oxygen uptake. Even if you did not belong to this 3% group, you may have high capability due to other external factors, like past training programs.



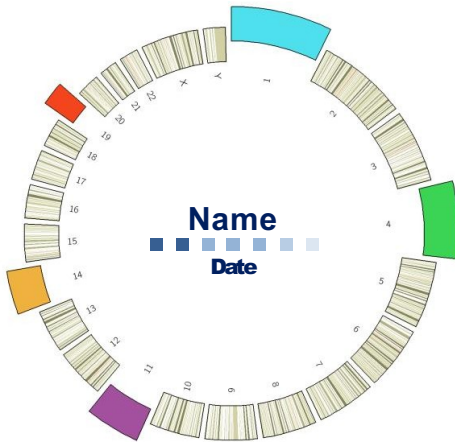
3. Genetics and Physiological condition

As a third point, it is good to remember that these tests only analyse genetic factors. They do not tell about your actual physiological condition. Usually individual characteristics are affected also by different environmental factors like training. It may well be that genetically your muscle cells are “slow twitching”, pointing more towards endurance sports and exercises, but with steady training you’ll excel in sprint/power sports as well. It will just take more effort than for people in other genetic group.





Summary of Test Results



We mention under this the sample details (name, code as well as the date of conducting the test)

The results of the tested sample for all the fitness parameters and diet preference. It tells about the genetic athletic profile of the sample tested. The results are indicated using bar representation.



MUSCLE FATIGUE AND RECOVERY

Your muscles may get tired easily and require longer recovery time



AEROBIC FITNESS

You can improve your aerobic fitness but it may require more work.



MUSCLE CELLS

You have genetically equal amount of fast-twitch and slow-twitch muscle cells.



MAXIMAL OXYGEN UPTAKE

Improving your maximal oxygen uptake may require more work.



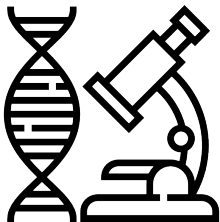
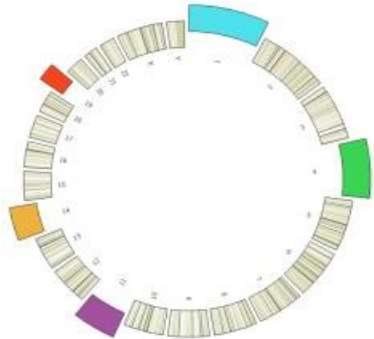
DIET

Balanced and healthy diet following general guidelines is recommended.



Summary of the properties studied in this Test and Detailed information about the Genes

Human DNA is divided in 46 chromosomes, of which half comes from the mother and half from the father. In the adjacent picture, these chromosomes are shown by numbers (1-22) and letters (sex chromosomes X and Y). Genes are specific functional areas that are located inside chromosomes. Although humans have around 20000 genes, they represent only approximately 1 percent of the whole genome, which consists of 3 billion small pieces, so called bases.



In this test we have had a look in your genome, which has been part of you from the moment you were born. Thus it is important to understand that these results represent your genetic baseline, which you can affect with your life habits and activities.



Researched Gene variants and your Genotype for Fitness and Diet test

In this section we shall include the details of the genes which are studied under all the parameters of fitness and diet ,their location, the point mutations (variations) and the genotype found in your gene.



Icon 1 made by Freepik from www.flaticon.com

We have also compared your results with a reference database.

Eg. Under the Aerobic fitness parameter: Your genotype GA means that you may need to do more work to increase your aerobic fitness. This is a sprint property.

Under the Muscle cells parameter: Your genotype CT means that genetically you have equal amount of fast-twitch and slow-twitch muscle cells.

Under the Muscle fatigue and recovery parameter: Your genotype AT means that genetically your muscles may get tired easily and they recover slower. This is a sprint/power property.

Your personal Training and Diet recommendation



This section suggests the required changes to be done in the exercise (specific to all the fitness parameters studied in the test) and diet at your end as per the sample result to have a healthier, better and fitter lifestyle



Icon 1 made by Good News from www.flaticon.com
Icon 2 made by Fresh Fruit from www.flaticon.com

Eg.1-According to the test results, you may need to do more work to increase your aerobic fitness. You can enhance your aerobic fitness with correct workouts. Example exercise: Continuing high-intensity training e.g. by running or cycling. You can adjust the length of the workout according to your own fitness. The length can be 20–40 min or in the beginning 2 x 10 min may be enough. Remember proper warm up/downs before and after exercise.

Eg.2- For your body composition and training productivity it may be worth for you to try low-fat diet including plenty of proteins and good-quality carbohydrates (fats approximately 25% of the total diet). According to the genes tested, this kind of diet supports your health best.

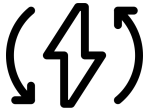
The sections following this would be giving a detail about the lab test procedure and the research papers supporting our findings and results.

Basic MyDNAPedia® recommendations and rules for exercising

Before you start applying your personal recommendations of the report, please take a look at these three simple ground rules for all good fitness exercises.

1. Regularity

To be able to maintain fitness and get good results, you need to work out regularly and not keep too long breaks.

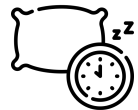


2. Sustainability

You will not see results in a day or two. Long-term goals will keep you on the right track and eventually reward you.

3. Rest

You need to find the correct balance between training and rest. Without rest your fitness will not develop.



Icon 1 made by Freepik from www.flaticon.com
Icon 2 made by Freepik from www.flaticon.com
Icon 3 made by Freepik from www.flaticon.com