



Sarasota Sports Medicine
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 SarasotaSportsMed.com

WHY CONSIDER GENETIC TESTING?

Our mission is to help you achieve personal success. When you begin to understand your unique personal biology and are empowered to make smarter lifestyle choices, both you AND your happiness will improve.

*Today is a new beginning, a chance to make changes, a first step in achieving your goal of becoming a healthier version of yourself. **You are on the right path.***

Who Can Benefit from AGS Genetic Testing?



MEN

Men can have the best of intentions in regards to overall health, but it is worthless without motivation and the willingness to try something new. Be adventurous. Explore what makes you genetically different in order to gain the inside scoop on what will propel you forward towards optimal health.





WOMEN

For women, finding balance with such demanding schedules is tough. This is why understanding your unique genetic makeup can help optimize your daily workout regimen and make the best of your diet. Be bold and take charge. Make this the beginning of a new adventure.

- Competitive Athletics
- Elite Performance
- Build Lean Muscle Mass
- Lose, Gain or Maintain Weight
- Fight Stubborn Fat
- Manage Hormones
- Improve Energy, Mood & Sleep
- Fill In Nutritional Gaps
- Modify Critical Behaviors
- All Ages (we've tested 1 to 101!)

The answers to all your concerns could be locked inside your genes!

Sarasota Sports Medicine and Advanced Genomic Solutions (AGS) work together to provide the results, education, and guidance necessary to empower you to make smarter lifestyle choices using the power of your unique genes.

We summarize complicated genetic data into substantiated, easy-to-read, and highly actionable genetic profile reports ("Genetic Owner's Manual") designed to support health, improve wellness, enhance nutrition, optimize fitness, manage medications, and more.



This is great news!

Your AGS Health & Wellness Genetic Profile report provides all the information you need to activate “good” genes and positively impact “bad” genes to achieve optimal health & wellness.

FACT: EVERYBODY IS DIFFERENT. WHAT WORKS FOR OTHERS MIGHT NOT WORK FOR YOU.

That is why genetic testing is so impactful for enhancing your current health and fitness level.

Some individuals try to lose weight by eating a low-carbohydrate, high-fat diet, but that approach may not suit them well long-term if they are biologically predisposed to needing more healthy carbohydrates.

And what about those individuals who lack the ability to effectively metabolize too many monounsaturated fats (MUFAs)? If they aren’t aware of this genetic predisposition, they may end up gaining or maintaining stubborn weight and feel completely defeated by their efforts and “healthy” lifestyle choices.

WE ARE ALL UNIQUE GENETICALLY.

Advancements in genetic sciences are revealing valuable insights into the human body and human potential. A growing number of scientific and clinically-validated research studies stemming from The Human Genome Project prove that we can use the detailed information encoded on our unique genes to make a variety of behavioral choices that better align with who we were actually created to be and that will dramatically improve our health.

When we understand that our success is directly linked to factors associated with our specific DNA, we can purposefully redirect our energy to change the results we achieve.

At Sarasota Sports Medicine, we recognize that each individual’s definition of “optimal health” belongs only to them and that achieving it will not come through a simple one-size-fits-all plan.

Whether you are an elite athlete, desire to maintain your current weight and fitness level, or are looking to drop unwanted pounds and improve exercise and/or activity levels, your **Premium AGS Health & Wellness Genetic Profile** report will quickly become a valuable, go-to resources throughout your journey. But it won’t do anything for you unless you know how to read and use it.

Better health starts with better health awareness.

- ✓ Sarasota Sports Medicine utilizes the testing services of Advanced Genomic Solutions (AGS).
- ✓ AGS is a privately-owned, business-to-business genetic testing company founded in 2012, based in Scottsdale, AZ.
- ✓ AGS specializes in Precision Wellness and optimizing personal health management.
- ✓ Sarasota Sports Medicine then works with you directly to reach your goals and ensure the highest level of personal success.
- ✓ AGS does not sell, share, store, disclose, or do research on client DNA.
- ✓ AGS honors HIPAA and upholds the highest standards of bioethics to keep all data safe & secure.



Visit SarasotaSportsMed.com for information.