



ARE YOU GETTING THE MOST OUT OF YOUR TRAINING PROGRAM?

Let your genes guide you in planning your ideal exercise regime.

How will the **GENESPORT™** DNA test help you reach your goals?

By identifying and then outlining actions based on your genetic traits for:

- Optimising your fitness
- Aerobic (Endurance / Vo2max) sport potential
- Anaerobic (Power / Strength) sport potential
- Your body's preferred fuel and energy source during exercise
- Caffeine's role in your performance
- Risk for inflammation
- Ability to deal with oxidative stress and free radicals
- Muscle and bone composition
- Injury risk
- Recovery time needed after strenuous exercise
- Supplemental needs and requirements based on your genetic profile
- Lactate threshold
- Fuel switching ability (between fat and carbohydrates)
- Altitude training
- Perceived exercise tolerance
- Best time of the day for you to exercise
- Required intensity and duration of physical activity to maintain a healthy weight

No more trial and error on your quest for peak performance! Maximize - get tested today with **GENEWAY™** - because genes matter!