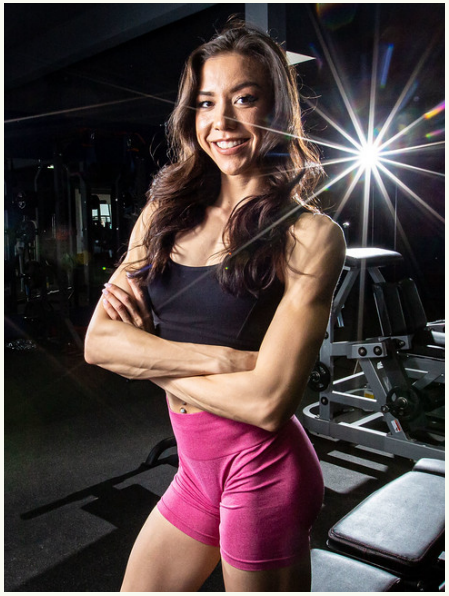


Beth Tsai

As a certified Genetics Based Program Designer (ISSA) and a Genetic Direction Affiliate, I am able to facilitate and interpret your genetic testing. As a certified personal trainer and nutritionist, I will be able to help you implement your unique DNA into your workout and nutrition plans to help you achieve your goals more efficiently.

CONTACT ME!

WEBSITE:
BESTYOUCANBFITNESS.COM

EMAIL:
BETH@BESTYOUCANBFITNESS.COM

PHONE NUMBER:
(480) 518-6330

INSTAGRAM/TIK TOK:
@BESTYOUCANB_FITNESS

HEALTH & FITNESS

GENETIC TESTING

International Sports Sciences Association (ISSA)

Genetic Test

This test examines 34 unique traits for your genetic predisposition (listed on the right). The science can help identify specific genes that dictate how the human body utilizes protein, how types of exercise and training affect the body, and how the body's unique metabolic and physiologic functions influence weight loss and athletic performance.

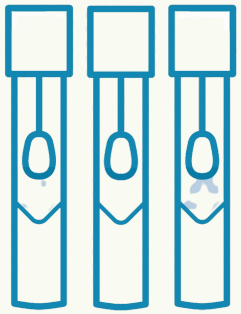
$299

Includes initial meeting (in-person or virtual) to complete registration and perform cheek swab (kit can be mailed for virtual clients); a comprehensive report detailing the specific genes tested for each trait, along with your results and what they mean; as well as a second meeting with me to discuss your results and implementation into your fitness plan.

If you have already done a DNA Test through 'Ancestry DNA' or '23&Me', your genetic data may be used from that for a discounted price of **$249. Results will be processed within 1-3 days.

How Does it Work?

1) Collect DNA



Your DNA sample will be collected with a simple cheek swab. Then it will be sent to Genetic Direction's lab to perform a scientific analysis of your unique genotype.

2) Receive Results

You will receive a copy of your comprehensive report in 2-3 weeks. I will review & help interpret your results and provide personalized recommendations for your fitness plans based on your DNA.

Genetic Traits Tested

1. Weight Loss Tendency
2. Protein Utilization
3. Fat Utilization
4. Carb Utilization
5. Caffeine Metabolism
6. Vitamin A Tendency
7. Vitamin B6 Tendency
8. Vitamin B9 (Folate) Tendency
9. Vitamin B12 Tendency
10. Vitamin C Tendency
11. Vitamin D Tendency
12. Calcium Tendency
13. Magnesium Tendency
14. Zinc Tendency
15. Iron Tendency
16. Fat Loss Response to Cardio
17. Body Composition Response to Strength Training
18. HDL-c Response to Cardio
19. Insulin Sensitivity Response to Cardio
20. Glucose Response to Cardio
21. Intrinsic Motivation to Exercise
22. Sleep Duration
23. Impulse Control & Taste Preference with Aging
24. Systemic Inflammation
25. Polyunsaturated Fatty Acid Levels
26. Cholesterol Response to Dietary Fat
27. VO2 Max
28. Insulin Response to Dietary Fat
29. Exercise Stroke Volume
30. Triglycerides Response to Cardio
31. Power/Endurance
32. Testosterone Levels (male only)
33. Exercise Heart Rate Response
34. Injury Risk