

Welcome to the GE Fitness performance Program!

GE Fitness performance program will make recommendations based on how your body builds muscles, recovers from exercise, and utilizes nutrients according to natural variations in your personal genetic code. By understanding how your genetic profile affects your well-being and fitness potential, **GE** will help you take charge of optimizing your physical fitness and conditioning by specifying nutritional and lifestyle options related to your genetic profile.

Based on your DNA analysis **GE Fit** offers personal advice and recommendations based on the following areas related to fitness and training. These Personalized recommendations can help you get a step ahead of the game:

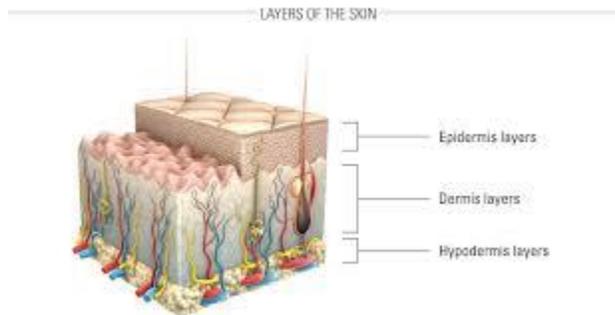
- **Endurance / Power profile**
- **Aerobic potential (VO2 max)**
- **Cardio-fitness**
- **Post-Exercise Recovery**
- **Injury risk**
- **Body composition**
- **Nutrition**





Anti-Ageing & Healthy Skin Analysis.

“Your skin reflects your inner health – in fact the appearance of your skin comes mostly from processes inside the body”



Areas covered by this test:

- Skin structure and ageing
- Oxidative Stress, Detoxification & Inflammation
- Advanced glycation end products (AGEs)
- Vascular tone & water retention

Skin health, blood & lymph circulation and conditions such as cellulite are interlinked at several levels. They involve complex processes that include microcirculation, local fat accumulation, hormonal factors, altered matrix metabolism, oxidative stress, inflammatory changes, and alterations in lymphatic drainage.

The panel provides information about the potential effect of your individual genetic variation on your overall skin health and well-being. Since we focus especially on research regarding gene x environment interactions the genetic information leads to specific personal modifications to your diet and lifestyle which can help with healthy skin ageing and prevent or combat processes such as cellulite, water retention, etc.

The appearance, elasticity and ageing of skin is affected by both genes and environment and the way that they interact. Environmental features include diet, lifestyle, physical activity, sun exposure, etc. We also all have common genetic variants that affect processes important to our skin health however because genes do not act alone, by making suitable changes in diet, lifestyle, etc. we can exert some control over our apparent genetic destiny – with simple adjustments to our lives we can make significant improvements in our long term skin health, and even reduce / reverse effects of ageing that have already appeared.

Weight Management Base of your Gene profile:



These are the Key areas that GE analysis:

ACE, ADRB2, ADRB3, APOA2, FABP2, FTO, PPARG e TCF7L2.

Welcome to your Genomix Evolution weight loss profile. How can genetics help with weight loss and management? It is clear that genetics influences weight gain, loss and diet success – we all know examples of people who seem to be able to eat what they like without gaining weight while some of us are less fortunate. There are good evolutionary reasons why we gain weight easily and store it as fat – this was a very useful trait when food supply was scarce, erratic or both. Today where food is so abundant in much of the world this trait is less useful and we see the rise in obesity (this is called the “thrifty hypothesis”).