



# dnasport

optimal sport for life

## Welcome

Report Sample

## to your dna sport report

Date of Birth: 08 Jan 1990

Date Reported: 20 Nov 2018 10:06

Sample Number: DNA000000ZA

Referring Practitioner: Doctor X

## WELCOME TO YOUR DNA SPORT REPORT

The explosion in sports genomics research has revealed multiple connections between genetic variants and trainability. To fulfil your athletic potential it is important to make appropriate choices that best match your unique genetic makeup. This pioneering genetic service provides you with the specific knowledge to make exercise, nutritional and lifestyle choices that best suit your individual needs.

To achieve success in a chosen sport requires a multitude of factors, of which genetics is one part. The advice provided in this report should be used as a guide to help you optimise and personalise your training regime within your chosen sport.

The DNA Sport test looks at various different biological areas that relate to sporting performance. Insight into these areas can be used to personalise your exercise program in order to gain as much as possible from your training sessions.



## UNDERSTANDING GENETICS

Before reading your full assessment, please take a few minutes to review this background information. This will help you better understand your results and enhance the value of this personalised report.

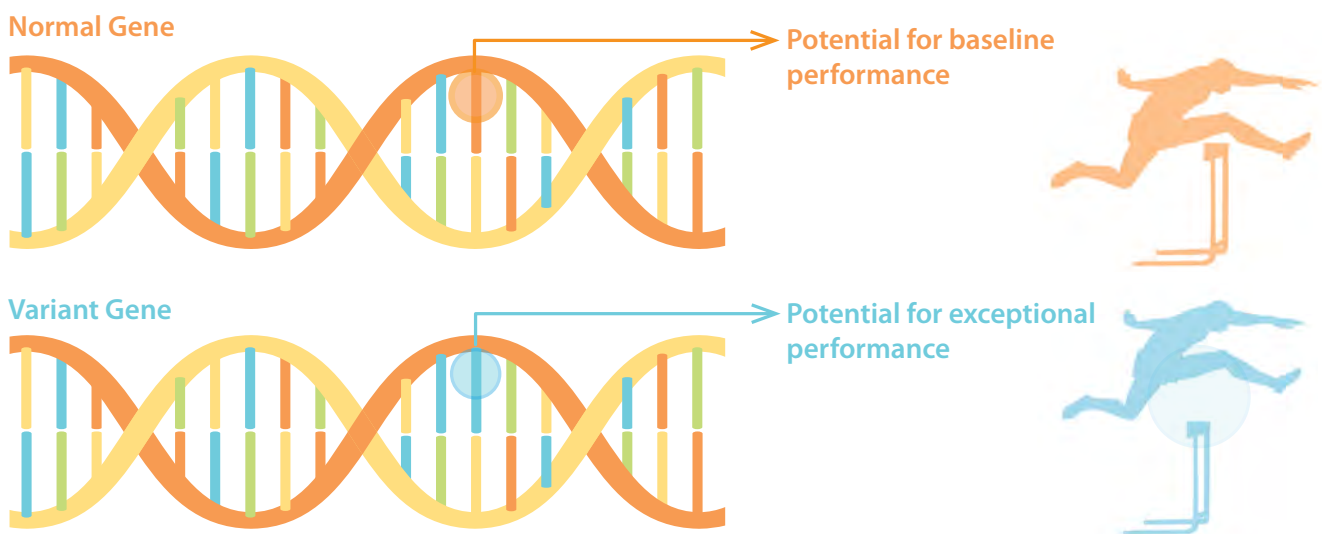
### WHAT ARE GENES?

Genes are segments of DNA that contain the instructions your body needs to make each of the many thousands of proteins required for life. Each gene is comprised of thousands of combinations of “letters” which make up your genetic code. The code gives the instructions to make the proteins required for proper development and function.

### WHAT ARE GENE VARIATIONS?

With the exception of identical twins, all people have small differences (variations) in their genetic code. It is these differences that make each of us unique. In the same way as a single letter change can profoundly change the meaning of a word, so single base changes can profoundly affect the function of our genes.

Example:



Genetic variations can affect the biological pathway in which the gene is active, affecting metabolic functions that are important for maintaining a state of health. Knowledge of these variations offers a powerful advantage, enabling precise exercise and nutritional recommendations aimed at optimising athletic performance.







## HOW TO READ THIS REPORT

Certain genetic variants are advantageous for athletic performance, while some variants may contribute to an increased risk for injury or delayed recovery time. Details of gene names and variations that we tested are outlined in this report. Gene explanations are detailed at the back of the report. Training and nutritional recommendations that may benefit you will be given.

## GENE IMPACT KEY:

Impact factors are assigned to each genetic variation based on current peer-reviewed research and the contribution of the variant to an altered response to exercise. The impact factors do not represent a good or bad variant but rather give an indication of how your genes should influence your lifestyle choices.

<b>NO AFFECT ON THE BIOLOGICAL AREA IN QUESTION</b>	<b>NO IMPACT:</b> 
<b>LITTLE AFFECT ON THE BIOLOGICAL AREA IN QUESTION</b>	<b>LOW IMPACT:</b> 
<b>ATTENTION SHOULD BE PAID AND SOME LIFESTYLE CHANGES CAN BE MADE</b>	<b>MODERATE IMPACT:</b> 
<b>THERE IS A SIGNIFICANT IMPACT ON THE BIOLOGICAL AREA INDICATING THAT INTENSIVE DIET AND/OR TRAINING ACTION CAN BE TAKEN</b>	<b>HIGH IMPACT:</b> 



## RESULTS SUMMARY

### Injury Risk

Based on your gene results, you have an above average risk of sustaining a soft tissue injury.

### Recovery

You are likely to recover at a moderate rate from strenuous exercise.

### Power Potential

Based on the genes analysed, you have an above average potential for power/strength performance.

### Endurance Potential

According to your gene results, you have an above average potential for endurance performance.

### Caffeine Metabolism

You have a moderately reduced ability to metabolize caffeine.

### Salt Sensitivity

You are salt sensitive.

### Peak Training Time:

Morning Vs Evening (circadian rhythms)

You may have a preference toward morning training.