



## 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
- 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!