

HEALTHY WEIGHT

ANALYSIS + REPORT



PERSON TESTED:
REFERENCE #:
DATE OF BIRTH:
REPORT DATE:



HomeDNA™

REPORT SUMMARY

CATEGORY

RATING

GENES



WEIGHT LOSS ABILITY

Weight Loss Ability with Diet and Exercise	LOW	FTO, TCF7L2, MTNR1B, PPARG, BDNF, ABCB11
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FOOD

Protein Utilization	ENHANCED	FTO
Fat Utilization	LOW	PPARG, TCF7L2, APOA5, CRY2, MTNR1B, PPM1K
Carb Utilization	NORMAL	IRS1



NUTRIENTS

Folate Tendency	LOW	MTHFR
Vitamin A Tendency	LOW	BCMO1
Vitamin B6 Tendency	LOW	NBPF3
Vitamin B12 Tendency	LOW	FUT2
Vitamin C Tendency	LOW	SLC23A1
Vitamin D Tendency	LOW	GC, NADSYN1, CYP2R1

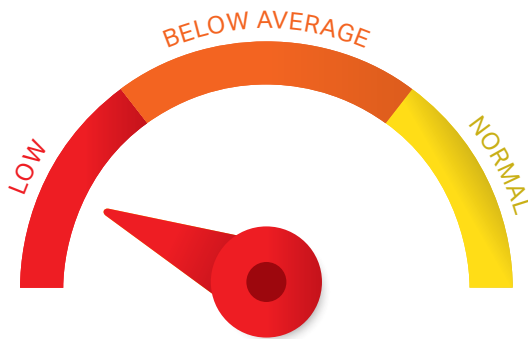


EXERCISE

Fat Loss Response to Cardio	LOW	DRB2, LPL
Fitness Response To Cardio	LOW	AMPD1, APOE
Body Composition Response to Strength Training	BELOW AVERAGE	NRXN3, GNPDA2, LRRN6C, PRKD1, GPRC5B, SLC39A8, FTO, FLJ35779, MAP2K5, QPCTL-GIPR, NEGR1, LRP1B, MTCH2, MTIF3, RPL27A, EC16B, FAIM2, FANCL, ETV5, TFAP2B
HDL Response to Cardio	BELOW AVERAGE	APOE
Insulin Sensitivity Response to Cardio	BELOW AVERAGE	LIPC
Glucose Response To Cardio	BELOW AVERAGE	PPARG



WEIGHT LOSS ABILITY



YOUR GENETIC PROFILE INDICATES THAT YOUR WEIGHT LOSS ABILITY IS **LOW**

You may lose less weight or fat than you expect from a lifestyle change in diet and exercise, and/or you may regain weight back if you do not stick to the program.

WHAT YOUR GENES SAY ABOUT YOU

Your score reflects the fact that among the genes investigated, your genotypes included many of the unfavorable gene combinations. What this means is that you may find it tougher to lose weight and to keep it off compared to other people who do not have the same genetic profile as you.

The good news is that this does NOT mean that you will not or cannot lose weight. You can lose weight, but you just may not lose as much as you expect, or you may have to work a little harder to lose it and keep it off. Remember that these results only indicate your potential ability to lose weight based on genetic factors, but they are not a guarantee of how your body will respond to diet and exercise. Even if you carry genotypes that potentially reduce your ability to lose weight, your lifestyle and environmental choices

affect whether those genes are expressed or not. However, your results suggest that it is smart to choose the most effective program for you and to adopt behaviors that help you to stick to the lifestyle changes.

SUCCESS STRATEGIES

Weight loss comes from reducing the number of calories you eat and increasing the number of calories that you burn. The most powerful—and permanent—weight loss comes when you do both. Study your Healthy Weight results in **FOOD CATEGORIES** and **EXERCISE**. They will give you more insight into what could be the best type of diet and exercise plan that may make it easier for you to lose weight. Keep in mind that different approaches work for different people and your personality and the logistical factors in your life affect what works best. Here are some tips that can help.

DIET TIPS

- *Pay special attention to the number of calories that you consume since any weight loss resistance may be overcome by making sure that you are maintaining a caloric deficit that leads to weight loss*
- *Based on your reported body weight and estimated activity level, our recommendations include a calorie target highlighting how much you should eat each day*
- *Tracking your calorie intake on paper or with a dietary app can help you monitor whether you are meeting your goals*
- *Identify the influences that make it hard for you to choose the right foods or to stick to a diet. Develop back-up plans so that you aren't derailed from your diet if the same, or similar, circumstances arise again.*



WEIGHT LOSS ABILITY

Before making changes to your diet, consult with your physician, registered dietician, and/or nutritionist.

EXERCISE TIPS

Exercise can significantly bump up your calorie burn to help you lose more weight and greater amounts of body fat, especially deep fat around your belly. You are more likely to see optimal results by exercising at least **5 and up to 7 days per week, or from 200 minutes up to 300 minutes per week.**

- *Cardio workouts: walking, running, cycling, swimming, aerobics, dancing and any of the cardio machines*
- *Fast-paced, boot camp-style or circuit training with weights*

NOTE: Slower-paced workouts like yoga and pilates do not burn as many calories, so if you are doing these types of workout on most days of the week, focus on doing more cardio workouts instead.

- *Intensity is key for most people: the harder you work, the more calories you can burn. But if you are not fit enough to work hard, you'll need to start easy and work up to workouts that last longer and feel harder. Start with 10-20 minute walking sessions and over weeks add more time to the sessions and work at a harder intensity*
- *Weight-training should be a part of your exercise plan. When you lift weights, you can make a diet more effective by preventing or minimizing the loss of muscle that occurs with dieting alone. Plus, certain types of high-intensity weight-lifting (doing circuits with cardio intervals, for example), may help rev your body up to burn a few extra calories in the hours after a workout*
- *Reduce your sitting time! While standing more or moving around throughout the day is not considered exercise, the physical activity does add up and can help you burn more calories all day and also improve health risk factors.*

If you are inexperienced in cardio/resistance training/power moves, consult with your physician to see if you are healthy enough to begin an exercise program. Also, please consult a fitness trainer to help determine the safest way to incorporate the recommendations into your workout.

RELATED GENES / SNPS

The six genes and their associated SNPs that are included in this category have all been shown in scientifically sound studies to have statistically significant associations with a person's ability to lose weight and keep it off. Several large studies have shown that people who participated in intensive and long-term diet and exercise programs exhibited significantly different weight loss responses based upon their genetic profile. Those people who carried the most 'unfavorable' pairs of genes, or genes, lost weight with the diet and exercise program—but, on average, they tended to lose less weight compared to other participants who had fewer, or who did not carry the 'unfavorable' genotypes. Also, after completing the diet and exercise program, people with more of the 'unfavorable' genes were, on average, also likely to regain some of the weight that they had lost. Keep in mind, however, that great individual variation is seen in research studies like these. The stated results are an average of all those within a group, but there can still be differences even among those with the same genotype.

Our analysis investigated which genotype for each of these 6 genes was present in your DNA. Your rating of either **LOW**, **BELOW AVERAGE**, **NORMAL** reflects whether your genotypes included those that carried a risk of reduced weight loss ability.