

DNA-Based Fitness Coach Programming Table



Genetic Trait and Score	What Does it Mean	Tips for Programs
Weight Loss Ability		
Normal	Standard exercise and diet responses apply	Maintain a calorie deficit
Below Average	Body resistance to lose weight and keep it off	Track exercise variables and use a food log during weight loss and after
Low	More challenging to lose weight and keep it off	Maintain structure in diet and exercise by wearing activity tracker, measuring foods, and ongoing work with a fitness professional
Fat Loss Response to Cardio		
Normal	It takes longer for the body to go after stored fat for a fuel source	Longer (60 minutes) cardio sessions while in a semi-fasted state
Enhanced	The body will use stored fat as an energy source faster than normal	Shorter (30 minutes) and more frequent (1 – 2 times per day) cardio sessions maximize success
Body Composition Response to Strength Training		
Normal	Average body fat response to strength training	Strength training at least two times per week at a moderate intensity
Enhanced	Able to take full advantage of strength training and favorable for athletes (increased strength, muscle mass, and metabolism);	Ideal for body builder/power athletes and performing strength training 4 – 5 days per week expedites fat loss
Below Average	Loses less weight from strength training alone	Incorporate strength training 2 – 3 days per week combined with one day of power training
Protein Utilization		
Normal	Higher protein intake won't impact lean body mass gain or body fat loss	Consume 15 – 25% of calories from protein
Enhanced	Greater weight loss can happen based on protein intake	Consume 25 – 30% of calories from protein
Fat Utilization		
Normal	Normal ability to lose weight regardless of fat intake	Consume preferential amount of fat in negative calorie balance
Low	Sensitive to the amount and type of fat	<20% fat and <10% saturated fat
Carbohydrate Utilization		
Normal	Weight loss not affected by higher, complex carb diet	Based on preference, about 60% carbs
Low	Favor low-carb diet	Skew diet towards lean proteins and healthy fats
Enhanced	Best weight loss results with complex carbs	Consume 65% of calories from complex carbs and <20% fat
Intrinsic Motivation to Exercise		
Less Likely	Less motivated to stick to exercise recommendations	Use incentives, group exercises, and competitions
More Likely	Fewer ups and downs in motivation	Focus on the experience or participate in enjoyable competitions (like a fun run)
Impulse Control and Taste Preference		
Normal	Less likely to succumb to food taste preferences	Focus on mindful, healthy eating
Slightly Below & Below Average	Higher risk for impulsive eating	Avoid impulsive situations like social eating and keeping binge foods close by, and increase portion control strategies
Potential		
High Endurance	Strong ability to use oxygen	Participate in longer exercise sessions
High Power	Significant power gains in response to strength training	Prioritize strength and power training workouts
Equal Power and Endurance	Equal response to power and endurance activities	Use workouts incorporating both such as circuit training or moderate-intense functional fitness
Injury Risk		
Normal	Bone mineral density likely to be average	Common strategies in nutrition and exercise
Above Average & Well Above Average	Increased fracture risk and below average bone mineral density	Consume adequate Calcium and Vitamin D, incorporate core, balance, and strength training, and recover as needed