

Fitness of the Future

Getting fit or losing weight can often be a taxing process of trial and error. This is why there are diets for every season, new lines of workout equipment on every TV morning show and a constant barrage of quick fix weight loss procedures flooding the market. And the crux is that, often, what works for one person provides little results for another. While we might be quick to blame ourselves or the cruel universe for our health and weight-loss failings, the problem may be rooted in our

inherent make-up.

This doesn't mean you were born to fail, it's just that your body has different needs to the girl on the treadmill next to you. Not to get too basic here, but quite simply we are all different. As such, our health and fitness regimes should reflect our unique constitutions. So we must ask ourselves: How can we take the guesswork out of getting fit and healthy? It seems the answer may be in the one place you haven't looked yet; your genes.

ExcelGene

ExcelGene specialises in providing you with a genetic profile which can be used to tailor your training and nutrition program to your specific physiology. This is done through studying a select group of genes, which scientists believe affect how we respond to training, diet and exercise recovery. Each of these relevant genes has several variants, or alleles, that can occur. Your unique physiology is a result of the number and combination of alleles in your DNA.

Through a simple DNA test ExcelGene can determine your genetic variants and the implications this has on your health and fitness. Once you have this information in your hot little hands, a nutrition and training plan can be determined around your individual predispositions. No more speculation, now you have a map to success written just for you.

Genealogy For Dummies

You all probably know the basics when it comes to genes. We live in a state of being, where much is already predetermined for us; our hair colour, eye colour, gender, race and height. At least those are some of the effects that we are able to see. Our genes are the blueprint for our past, present and future physiology. They determine what traits of our parents we will possess and what state of health we will be predisposed to in our lifetime.

Who Should Invest?

Anyone looking to improve their health and fitness should consider genetic profiling. Especially if they are unaware of their family's health history. The test is able to reveal a person's physical predispositions, allowing a pre-emptive health plan to be formed.

The great thing about a genetic profile is that it will never change; the results will apply for the rest of your life. Having this test done will also allow you to work out for the right reason; your health. Forget fitting into your 'skinny' jeans, you're working towards vitality and longevity.

The Arrival of My Test

Taking the test is surprisingly easy. It's kind of like what you see on CSI when someone takes a mouth swab with



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that oversized cotton tip. An envelope containing a swab is sent out to you with instructions and a return envelope. You simply wash your mouth out with water and wipe the swab several times on the inside of your cheek. From there the swab is able to be retracted into a plastic casing, placed in the envelope and returned back to the lab. However, make sure you read the instructions before taking this test.

My Results

It takes around three weeks for your test results to be processed and your genetic “blueprint” to be mapped out. You will receive a genetic profile report in the mail which contains your fitness results and a break down of your DNA to help you better interpret your results. Training guides and a nutrition diary are also included in this manual to help you incorporate your blueprint into your future health and fitness goals.

Without putting my entire medical history/future out there for the world to

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see, I rated mostly “good” and “average”. It seems my Body Fat Metabolism, Recovery and Nutrition areas were fine. However, the test revealed that I do have one area to look out for in my Lean Body Mass Development, which relates to cardiovascular health, muscle health and bone density.

What Now?

So what does this all mean for my current state of health or my future wellbeing? Is heart disease on its way? Are brittle bones around the corner? Absolutely not! These results allow me to make informed health, training and nutrition choices which will provide me with the best future possible for my body, mind and soul. And beyond that? Whatever will be, will be.

To set me on the best path possible for where I want to go, I sent my results through to Jennifer Atkins from Genesis Mind & Body to help me translate my report into a new living plan (shown next page).



oxy Feature

From a trainer's perspective the Excelgene Gene Elite Fitness Profile Report is a great tool that provides an insight into the genetic make-up of my client; allowing me to provide a specific lifestyle program which directly targets these genetic advantages and anomalies. This tailored approach allows you to capitalise on these and improve the performance of your training and nutritional program, giving you faster results.

Training Tips based on your results:

■ To improve fat burning efficiency and decrease risk of insulin resistance.

Exercise: Do aerobic exercise 3-5 times week for 20-60 mins at 60-80 percent MHR; walking at fast pace, jogging, cycling, swimming, rowing machine or cross-trainer. Aerobic training is a must for overall fitness and health.

■ Your results show a decreased ability to remove lactate from the muscles, which can result in fatigue, muscle cramping and injury, and heat over-exposure which may compromise your performance and recovery.

Exercise: Walk for one minute and sprint for 30 seconds and repeat for 20 minutes. Weight/resistance training will also improve this. Do resistance/weight training with low-medium load for 10-15 reps for 1-5 sets 2-3 times per week and build this up gradually to a heavy load

with less reps (2-6). This intensity needs to be increased slowly to allow for your body's slower adaptation to increased lactate levels.

■ To allow for the genes that negatively affect your cardiovascular system, making you more prone to hypertension (high blood pressure) and blood vessel blockage, I would suggest a slower adaptation program to avoid placing your cardiovascular system under undue stress. This simply means starting off slow and increasing the intensity of your program as your body and fitness levels adapt.

■ You have a gene present which can lead to over-stimulation of the inflammation process which may result in slow healing of damaged tissue, joint pain and soft tissue damage. Caution must therefore be taken when performing high intensity training to avoid injury, and a proper recovery strategy should be employed

to minimise DOMS (delayed onset muscle soreness). Your program should be rotated and varied often to limit over-use injuries or mechanical inflammation in joints. Deep water training such as water aerobics is an excellent way of maintaining fitness levels yet minimising stress on troublesome joints.

■ Like many women, you have an increased risk of developing osteoporosis, so it is key to include weight-bearing exercises into your routine to improve bone mineral density. Eg. skipping.

■ Appropriate rest times should also be part of the plan. Rest at least 48 hours between resistance/weight training sessions.

■ Performing warm-up exercise and cool down exercise (5-10mins) such as walking and doing appropriate stretching is a must for any training program to avoid injury and help alleviate DOMS.

Nutrition Tips:

■ Ensure your intake of calcium and vitamin D is adequate to maintain and improve your bone mineral density. A supplement may be appropriate if you are not getting enough from natural sources.

■ Your body is prone to accumulating toxic substances known as Xenobiotics which can result in headaches, muscle and joint pain, fatigue, flu-like symptoms, inflammation, low exercise tolerance, disturbed sleep and inability to concentrate. To combat this try limiting caffeine, codeine (for pain relief), alcohol, and no smoking. Avoid polycyclic aromatic

hydrocarbons by reducing the amount of frying, BBQing and char-grilling you do.

■ To help the body detoxify, which will improve your exercise tolerance and reduce fatigue, include lots of cruciferous vegetables; broccoli, cauliflower, cabbage), and allium vegetables; onions, garlic.

■ A diet rich in folate will help reduce the effects of free radical damage to DNA.

■ Ensure your intake of B vitamins such as B6 and B12 is adequate to help to reduce the potential for heart disease and stroke.

■ Include lots of fresh fruit and vegetables in your diet to ensure you get enough vitamins, minerals and antioxidants. Other sources of natural antioxidants include soy, green tea and garlic.

■ To minimise the inflammation response, heart disease and Type II diabetes, it is important to avoid saturated, hydrogenated and trans fats and include more beneficial fats such as omega-3 fats (eg. salmon, tuna, sardines, flaxseed oil) and omega-9 fat (eg. olive oil).

Ready to Try?

If you want to get your own genetic profile done visit ExcelGene at www.performanceplanet.com/thelab

Moving Forward

Sadly I can't tell you yet what my future health and fitness looks like. But with my genetic blueprint in hand, and a tailor-made fitness plan, the future looks surprisingly clearer, and my fitness goal a little bit more attainable. ☺

Jennifer Atkins is a qualified Life Coach, Personal Trainer and the Director of a new innovation for women - Jenesis Mind & Body. Her business provides Life Coaching and Personal Training. She is dedicated to creating extraordinary lives for women by providing the strategies, tools and resources to develop an individual Mind & Body program which is designed to guide, empower and encourage you to not only discover what it is you most want in life but how to achieve it. Call 1300367724 or check out the website: www.jenesismindandbody.com.au