



Discuss your health requirements and they will outline the program



Your sample is analysed by our laboratory and your genetic profile is sent to your practitioner for interpretation



Your program outlines personalised interventions to improve health and wellbeing

INTERVENTIONS:



NUTRITION



EXERCISE



LIFESTYLE

OUTCOME

**healthy living.
healthy ageing.**

Fitgenes, who are we?

Health and Wellbeing is powered by Fitgenes Australia – providing genetic test reports since 2009. Fitgenes is a world leader in developing genetic profile reports that provide personalised dietary, lifestyle and exercise interventions. Fitgenes genetic profile reports are evidence-based, incorporating published scientific literature on nutrigenomic outcomes.

These reports support our accredited practitioners in their practice to develop personalised programs to improve a client's health and wellbeing based on their individual goals. We work with a community of Independent Practitioners, trained by us, to assist you with understanding your results. If you would like to speak with an accredited practitioner contact us today.

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See website for more info and references

POWERED BY  fitgenes



Health & Wellbeing
DNA PROFILE

Fitgenes aims to help individuals reach their health goals and increase their health expectancy, maximising their potential for Healthy Living and Healthy Ageing.



Discover the powerful interaction between genetics, diet, exercise and lifestyle to meet your personal health and wellness goals.

Why choose a Fitgenes Health and Wellbeing report?

This report contains your personal genetic profile showing your genetic variants you may have in your genes, which in turn can influence your fitness, health and nutrition. This information, combined with various health and lifestyle assessments is used by your Fitgenes Accredited Practitioner to design personalised and targeted nutrition, exercise and lifestyle interventions.

Your Personal Genetic Profile is an important piece of the puzzle helping you maximise your potential for Healthy Living and Healthy Ageing.



What the report will tell you

The genetic variants tested as part of your profile have been grouped according to the primary physiological effect they have on your body. These groups are:

- 1 Inflammation
- 2 Cell Defence
- 3 Vitamin D Receptors
- 4 Methylation and Homocysteine Metabolism
- 5 Cardiovascular Health
- 6 Fat Metabolism and Cholesterol Regulation

Personalised solutions

A Fitgenes-Accredited Practitioner can help you to interpret the results of your profile report and convert the information into programs for actionable, everyday health and wellbeing. That way, a Fitgenes Health and Wellbeing report may guide you on your health journey.