

Sport Test

A genetic approach to maximise the athletic potential

This test is designed for

Purpose: Provides valuable genetic insights to create personalized training plans for athletes, enhancing performance and reducing injury risk, offering:

- Comprehensive genetic analysis of athletic abilities.
- Personalized training recommendations based on genetic responses.
- Insights into key performance factors, including inflammation, oxidative stress, muscle properties, and recovery.
- Clear summaries of all analyzed genes (SNPs) and their impact on athletic performance.

Who is it for:

- For men and women.
- Recommendations are for adults only.

What is analyzed: Analyzes 25 genetic variants to inform about predispositions and risks, integrating physical and behavioral information. Key areas include:

Athletic Skills

- Power (anaerobic exercise).
- Endurance (aerobic exercise).
- Power versus endurance (best condition).
- Aerobic power (VO2 max).
- Response to exercise

Physical Characteristics

- Inflammation (muscle repair after exercise).
- Oxidative stress (muscle fatigue).
- Muscle condition (predicts athletic performance).
- Hypertension (blood pressure, water, and salt balance).
- Soft tissue injuries (tendinopathy, muscle injury).
- Post-exercise recovery (lactate elimination).
- Cellulitis (genetic study for female patients).

What the report provides:

Comprehensive genetic analysis: Revealing athletic abilities and individual response to exercise.

In-depth insights: Into key factors influencing performance, such as inflammation, oxidative stress, muscle properties, and recovery.

Clear summary: Detailing all analyzed genes (SNPs) with descriptions to help healthcare professionals understand their impact on athletic performance.

Benefits:

Healthcare Providers

- Attract more patients with personalized, science-backed training plans that enhance performance and reduce injury risk.
- Improve patient satisfaction and retention by offering tailored, evidence-based solutions.
- Drive clinic growth by providing genetics-based training plans that help athletes of all levels reach their goals.

Athletes

- Maximize performance and achieve fitness goals faster with a personalized training plan.
- Reduce injury risk and improve recovery with tailored exercise recommendations.
- Gain a deeper understanding of the body's strengths and weaknesses to optimize athletic potential.

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