



Phenotype **Weight loss** Double Helix **Genetics** Exercise
Receptors RNA Amino Acids **DNA** Nutrigenomics Genes
Nutrition Optimal Performance Nucleotides Fitness **Individual** Optimal Health
Full Gene Sequencing Biology Polymorphism Genotype

Genetic testing powered by SimplifiedGenetics LLC

Female Sample

Female

Oct 7, 2013

Female Sample

Interpreting your results: *Fit by Design*™ Navigation

THE BASICS: just what you need to know.

DO:

Exercise:	Maintenance: 2-3 Days Each Week Weight Loss: 3-4 Days Each Week
Type of workouts:	30% of the 10 workouts are high intensity and 70% of the 10 workouts are steady aerobic <small>*10 workouts will span over 2-4 weeks, dependent upon frequency.</small>

EAT:

You absorb:	approximately 48-50% of the fat from your diet
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TAKE:

Supplements for your genotype and health:	Amino Acid Synergy, Crave Arrest, B-Supreme, OmegAvail Synergy, Polyphenols, DFH Complete Multi, Adrenotone, (see the TAKE section for recommended use)
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Interpreting your results: *Fit by Design*™ Navigation

ADVANCED: the “why”: every section in detail.

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EXPERT: the science. what your genes mean to you.

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WORKSHEETS and REFERENCES: start now. put it into action. (for print)

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YOUR GENOTYPE

Female Sample

THE GENES	YOUR GENOTYPE	ROLE OF THE GENE IN YOUR BODY
FABP2-54	Ala54Thr	How much dietary fat is absorbed into your bloodstream
ADRB2-16	Arg16Gly	a. Where you store fat b. Your most efficient form of exercise
ADRB2-27	Gln27Glu	How fat is used for energy and how high-carb diets influence weight gain
ADRB3-64	Trp64Trp	How much exercise stimulus you need weekly to maintain or lose weight
PPARG-12	Pro12Pro	A nuclear receptor involved with metabolic pathways at the cellular level

Fit by Design™ RESULTS SUMMARY

The fatty acid binding protein (FABP2) regulates intestinal fatty acid absorption. Compared to homozygous alanine polymorphisms (Ala54Ala), Ala54Thr carriers have greater rate of absorption and intracellular transport of fatty acids. It is estimated that Ala54Thr variant is responsible for approximately 50% of your dietary fat to be absorbed. Threonine (Thr54) variants have been linked to insulin resistance and may be linked to other metabolic disorders.

Female carriers of the Arg16Gly variation have less fat accumulation in the abdominal region. This polymorphism does however correlate with higher body fat levels, dispersed throughout the arms, thighs or hips. Your genotype's preferred exercise program will promote healthy weight by optimally stimulating your adrenergic receptors, and ensure proper signaling to continue throughout the biological pathways in response to exercise. For example, the auditory receptors respond to sound waves in order for you to hear. Shining light in your ear would be unsuccessful, because light cannot be recognized by the auditory receptors. The adrenergic receptors respond similarly to exercise and the physiological response of varying intensities.

The β -adrenergic receptors (ADRB2-16) play a role in lipolysis and are indicative of how the body distributes fat. In addition, these receptors respond to exercise via the production of catecholamines. Polymorphisms may indicate a change in cellular function, the result of which may be an impaired metabolic pathway or metabolic disorder(s). These receptors also play a role in identifying insulin resistance and altered metabolism of glucose.

Genetic variants found on ADRB2-16 also identify the exercise intensity necessary to stimulate efficient receptor response. Ideal for Arg16Gly carriers includes both high intensity (HI) exercise and long duration, steady aerobic (SA) in order to promote optimal cellular metabolic function and weight loss.

(Summary continued on the following page)

YOU WILL
LOSE
16 LBS
IN
ONE YEAR
BY REDUCING
1 SODA
EACH
DAY FROM
YOUR DIET.

For information on genetic polymorphisms, refer to the Gene Reference Guide on pages 14 and 15.

Achieving intensity specifications is specific to your heart rate (HR). High intensity is defined by an optimal heart rate during exercise reaching 70-85% of your maximum heart rate (MHR) for 30-45 minutes. *Longer duration for high intensity exercise often results in diminished return, and is not recommended to exceed 45 min. Reaching 50-65% of your MHR during steady aerobic will maximize benefits of this occasional exercise. Optimal duration of SA spans over an hour or longer. Amino Acid Synergy, taken on an empty stomach post exercise, will help to maximize fat burn (see the TAKE section for details).

The Gln27Glu polymorphism found on β 2-adrenergic receptor (ADRB2-27) indicates an altered glucose metabolism and moderate insulin resistance. The normal response to insulin is disrupted, leading to higher blood levels of glucose and triglycerides. The result of which leaves behind excess glucose for your body to convert into fat rather than using it efficiently for energy. Reducing your intake of glucose, and incorporating your genetically preferred exercise program will minimize the presence of excess, unused glucose. If you tend to overeat, supplementing with Crave Arrest will provide balance to neurotransmitters that play a distinctive role in many types of cravings.

β 3-adrenergic receptor (ADRB3) is involved in the regulation of lipid metabolism. Your variation indicates a normal response to exercise to burn fat, and requires no additional energy expenditure for results. ThermoEFx will help to initiate weight loss if support is needed (see the TAKE section for details).

Peroxisome proliferator receptor gamma (PPARG) is a nuclear receptor that has direct regulatory influence over metabolic processes at the cellular level. If you experience difficulties with weight retention it may be a result of inefficient lifestyle habits that did not maximize your genetic variant(s). Multiple studies report conjugated linoleic acid (CLA) directly stimulates PPARG gene. Though your variation is most common, Pro12Pro is associated with higher fat retention. Actively stimulating your PPARG variant is not beneficial, as your genetic variant has not been associated with positive benefits of supplementing with CLA.

MENTAL MAINTENANCE

Yoga, meditation and Tai Chi are just a few examples to keep the mind alert, reduce stress and have a positive mood. Taking time for your mind every day will quiet the chaos and create a positive environment for yourself and those around you.

TIPS FOR SUCCESS

START BY SHOWING UP!

Set positive intentions and realistic goals for yourself.

IT TAKES
21 DAYS TO
BREAK
A HABIT
OR CREATE
A NEW ONE

For information on genetic polymorphisms, refer to the Gene Reference Guide on pages 14 and 15.

Genetic exercise profile:

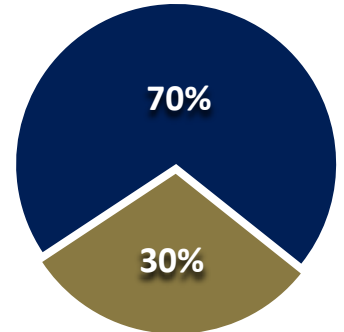
DO: 30% High Intensity & 70% Steady Aerobic

DO: Genetic Markers

ADRB2-16 Arg16Gly
ADRB3-64 Trp64Trp
PPARG-12 Pro12Pro

HOW MUCH EXERCISE DO I NEED EACH WEEK

Maintenance: 2-3 Days Each Week
 Weight Loss: 3-4 Days Each Week



To reach **30%/ 70%**: If you exercise **10 times over a 2 week period**, **3** exercises will be high intensity and **7** will be steady aerobic.

<u>Intensity:</u>	<u>High Intensity (HI):</u>	<u>Steady Aerobic (SA)</u>
Duration:	30 to 45 max minutes per session	1 hour or longer per session
Target Heart Rate:	70 to 85% of MHR	50 to 65% of MHR

* Intensity is a subjective classification. Moderate intensity for a 40 year old man would likely be vigorous for a 60 year old man.

Heart Rate (HR) is relative to each person and varies greatly depending on your *weight, age* and *endurance level*.

So, be sure to monitor your heart rate. **THE TYPE OF EXERCISE IS NOT AS IMPORTANT AS** how it **elevates your heart rate during the exercise**.

E.g., You may reach 75% of your MHR in a yoga class or at a slow jog, whereas a runner's HR may only reach 65% during that exercise.

MAXIMUM  RATE CALCULATOR

Maximum Heart Rate = 220 - Your Age

MHR

example of a 30 year old: 220-30 = 190 MHR

60% of 190 = 114 SA target heart rate / 80% of 190 = 152 HI target heart rate

Am I Doing the Right Classes?

Here are some typical classes found in gyms and studios. Always check your heart rate to be sure you are reaching the proper intensity for your optimal results.

DO: Genetic Markers

ADRB2-16	Arg16Gly
ADRB3-64	Trp64Trp
PPARG-12	Pro12Pro

Common Steady Aerobic Class Examples:

STEADY AEROBIC* EXAMPLE CLASSES:

Treadmill, Slow Jog, Water Workouts

Outdoor Bike Rides, Cycling or Modified Spin

Vinyasa, Flow Yoga,

Power Walking, Pilates, Hatha Yoga

To achieve **Steady Aerobic**, your heart rate should remain between **50** to **65%** of your Maximum Heart Rate (MHR) for a minimum of 40 minutes.

BEATS
PER
MINUTE = CURRENT
HEART
RATE

Heart Rate:

It is important to monitor your heart rate during your workouts. If you do not have a heart rate monitor, hold two fingers at the right side of your neck to feel your pulse. Count the beats you feel in one minute.

Common High Intensity Class Examples:

HIGH INTENSITY* EXAMPLE CLASSES:

Boot Camp, Step/Aerobics Class

Weight Training, Tabata

Spin Classes, Zumba, Dance, Barre

Self Defense, Martial Arts, Jiu Jitsu

To achieve **High Intensity**, elevate your heart rate between **70** to **85%** of your Maximum Heart Rate (MHR) for a minimum of 30 minutes and a maximum of 45 minutes.

DO: Genetic Markers

ADRB2-16	Arg16Gly
ADRB3-64	Trp64Trp
PPARG-12	Pro12Pro

NOVICE: Substantial time has elapsed since you last exercised. Consult your physician before you begin.*

BEGINNER: You are a beginner if you exercise 0-1 time per week. If you have seen your doctor and know it is safe to begin an exercise program, begin with 2-3 times per week, then increase as your body gains strength and endurance.


INTERMEDIATE: You are an intermediate if you currently exercise 2-4 times a week. Your body has grown accustomed to moderate exercise and will not be shocked from any new exercise regimen.


ADVANCED: You are advanced if you work out 4 or more times a week. You have an exercise program that challenges you but may not producing ideal results and you are looking for a better-suited program.

*Always consult your physician before beginning any new exercise program.



Each exercise should begin with a **5 minute** warm up and end with a **5 minute** cool down. This helps to increase the productivity of each workout, assist the body during transition and prevent injury.

WARM  Slowly begin to elevate the heart rate and begin warming up the muscles. Focus on range of motion.
Examples: Jumping jacks, walking, arm rotations, leg lifts

COOL  Allows for steady and safe decline in heart rate and is good for cardiovascular health.
 Include stretching after every workout for longer range of motion and increased flexibility.
Examples: Reduce speed, stretching, longer breathing, walking



IMPORTANT SAFETY REMINDER:

If you do not exercise, or more than one year has elapsed since you last exercised, begin your program with 10 steady aerobic workouts to allow the body to acclimate to exercise safely, before doing any high intensity workouts. Start with 30 minute sessions and when you feel comfortable, you may begin your suggested "DO" exercise protocol.

Examples: Walking, yoga, bike ride, treadmill

Genetic diet profile:

EAT: GENE MARKERS

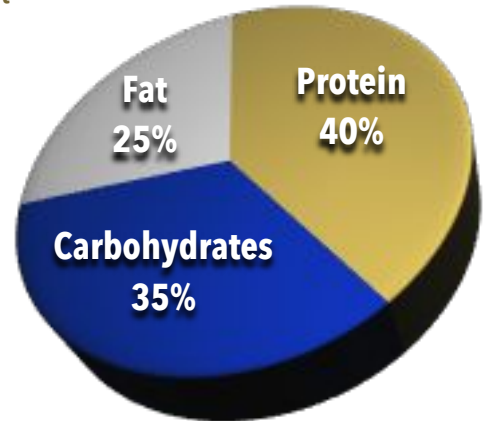
FABP2-54 Ala54Thr
 ADRB2-16 Arg16Gly
 ADRB2-27 Gln27Glu

EAT: 40% Protein, 35% Carbohydrates and 25% Fat.

YOU ABSORB approximately 48-50% of the fat from your diet

Be aware of the quantity and quality of food in your diet!

The food you eat is largely responsible for your weight, mood and overall energy day to day. Avoid overeating and over consumption it slows you down inside and out. The best foods to eat are naturally occurring meats, vegetables and fruits. You should be able to identify the source of your food by looking at your plate.



!!! REMINDER: Compliance with your genotype's preferred exercise regimen will enable your body to use the recommended percentages of carbohydrates and fats for energy. If you are not compliant with your exercise, you may need to adjust carbohydrate or fat quantities in your diet. Be aware of what type of food you are eating. Whole foods, rather than processed and packaged foods, will provide substantial nutrition, fiber and helps control weight management and digestion.

FOOD SENSITIVITIES	SENSITIVITY	ACTION
FAT	Moderate	Reduce saturated fats and fried foods to help eliminate fat in your problem area.
CARBOHYDRATES (Glucose)	Moderate	Reduce white flours and sugars and increase vegetables and fruits.

CALORIES VS GRAMS

- Fat:** 1 gram = 9 calories
- Protein:** 1 gram = 4 calories
- Carbohydrates:** 1 gram = 4 calories
- Alcohol:** 1 gram = 7 calories

!!! REMINDER: Your plate should never be full! Always keep in mind that your stomach is about the size of your fist. Overeating starts with how much is on your plate!

TIP FOR SUCCESS!
FAD DIETS DO NOT WORK

Genetic supplement profile:

TAKE: Optimize your genetic variants

Your genetically preferred supplement program is designed to support the body based on your variations on each of the genes tested under the Fit by Design™ weight loss test. Some supplements stimulate specific genes, while various genetic variants are better left unstimulated. The following supplement recommendations are optimal choices for your basic genetic support. Additional supplements suggested will refine your performance and health and supply your body with the proper nutrients needed to reach optimal health and function. Recommended supplements may be used in conjunction with an existing supplement program based on knowledge of your medical history or known vitamin/mineral deficiencies.

- Support nutrition requirements
- Regulate metabolic processes
- Aid in weight loss goals
- Maintain healthy energy levels

TAKE: GENE MARKERS

FABP2-54	Ala54Thr
ADRB2-16	Arg16Gly
ADRB2-27	Gln27Glu
ADRB3-64	Trp64Trp
PPARG-12	Pro12Pro

IF YOU ARE EVEN JUST
1% DEHYDRATED
 YOUR METABOLISM
 WILL BE SLOWER

FOUNDATIONAL GENETIC SUPPORT

designed to optimize your genetic variants

Adrenotone™

Adrenotone™ combines herbs and nutrients known to rejuvenate the adrenals and balance cortisol levels while promoting healthy hypothalamic and pituitary functions. This is a great vegetarian option in lieu of the glandular based adrenal supplement, or can be taken in conjunction with Adrenal Complex for added support.

GLA

In the omega-6 fatty acid family, gamma linoleic acid, is great for building lean muscle and is essential for smooth healthy skin. In conjunction with OmegAvail™ synergy, this fatty acid will maintain the proper binding of fatty acids during absorption.

HOW TO TAKE IT

Adrenotone™ can be taken with meals daily.

1 capsule with each meal
 3 capsules daily

GLA can be taken during or after meals

1 softgel daily

OmegAvail Synergy

A fatty acid supplement blend of omega-3 and omega-6 fatty acids will be necessary due to the decrease of fats from your diet. Essential fatty acids (EFA's) aid in human metabolism and are necessary for proper function of all the systems in the body, including skeletal and cardiovascular system with added benefit to brain function. They are not produced inside the body, we must get EFA's from our diet.

OmegAvail Synergy can be taken throughout the day.

2 softgels daily with meals

Polyphenols

Polyphenols are bioavailable flavonoids that play a role in preventative care. They interact at the cellular level by working in conjunction with fatty acids to keep the correct oxidative state of fats so that fatty acids bind correctly to the receptors. Polyphenols were generally viewed as antioxidants until the 90s but have been shown to do much more than improve the state of oxidative stress. Polyphenols are found in vegetables, fruits, tea, wine and coffee. They are abundant in nature, however many diets do not have enough variety or fresh foods to experience the benefits.

EGCg 500mg

As the active component of green tea leaves, epicallocatechin gallate is known for being a potent antioxidant and can promote weight loss through the healthy promotion of fat metabolism.

EGCg 500mg should be taken with meals

2 capsules daily

PaleoGreens™

With over 90% organic ingredients from brightly colored fruits and vegetables, PaleoGreens™ will provide antioxidants to the body to reduce free radicals and keep your immune system strong.

1 Tablespoon mixed with water daily

PaleoReds™

PaleoReds™ contain 82% organic ingredients from red and purple varieties of fruits and vegetables and will provide phytonutrients that help reduce the risk of common chronic diseases and premature aging

1 Tablespoon mixed with water daily

OPTIMAL HEALTH AND FUNCTION

recommendations reach your maximum potential

Crave Arrest™

Crave Arrest™ provides balance to the neurotransmitters that play distinctive roles in many types of cravings. Tyrosine and 5-HTP stimulate the natural production of dopamine and serotonin to elevate mood and decrease distinctive food cravings. Rhodiola and taurine help to calm stress response which can have a natural soothing effect post exercise and in response to a distinct lifestyle shift, even if it is a healthy one.

B-Supreme

This powerful B vitamin formula are supplied in the coenzymated form so the body does not have to phosphorylate them. TMG and choline are included to support methylation. B vitamins help keep the nervous system in tune, enhance energy and aid in stress-relief. They are great for the eyes, skin and hair, too.

DFH Complete Multi

Multivitamin supplements are intended to support any diet in order to provide a full-spectrum of nutrients to any body. The DFH Complete Multi offers maximum absorption and is even appropriate for teenagers, pregnant women and vegetarians.

Carnitine Synergy

L-Carnitine is essential for fat metabolism and energy production. Acetyl-L-Carnitine is the acetyl ester of L-Carnitine that uniquely supports brain function.

HOW TO TAKE IT

Crave Arrest is best taken on an empty stomach, approximately 30 minutes prior to a meal.

Recommended dose is 2 capsules per day

1 capsule per day with meals

DFH Complete Multi can be taken with each meal

6 capsules per day

1 capsule before meals

OPTIMAL WEIGHT LOSS AND SUPPORT

recommendations to help reach your goals

Amino Acid Synergy

This unique blend of amino acids provide nutritional support for individuals seeking optimal lean muscle mass or if your diet is insufficient in proteins. This blend of essential amino acids are immediately available to be absorbed and are used more rapidly than dietary proteins.

Take Amino Acid Synergy immediately following your workouts.

Avoid consuming foods with carbohydrates for 90 minutes, post exercise (liquid or solid foods) as it will immediately stop fats being used for energy

HOW TO TAKE IT

GENE REFERENCE GUIDE

Exercise, laughter and smiling produce endorphins that make you feel good and block pain.

FABP2

Fatty Acid Binding Protein is the gene that determines the quantity of fat a person absorbs from the diet and how efficiently it is transported into the blood stream. The dietary fat a person absorbs can vary greatly depending upon the normal protein vs. the polymorphisms (variant forms). Any form that contains threonine has been directly linked with obesity. In relation to fat, this gene regulates the percentage of fat absorbed from the diet, not how it is broken down for energy. The overall average range of fat absorption from the diet spans from 30% to 57%. Individuals who carry threonine at loci 54 can absorb significantly more fat than a person who has the Ala54Ala polymorphism. Studies show that the presence of threonine is also associated with insulin resistance, which can effect levels of glucose and triglycerides the blood.

What Ala54Thr means to you:

Due to threonine being present at loci 54 on FABP2, your body absorbs a larger amount of fat from your diet, around 48%, than variations without threonine. The presence of threonine also indicates that your body does not metabolize carbohydrates efficiently and you have an increased risk of insulin resistance, which can prevent glucose from entering the cells, causing increased glucose in the blood and blood fat levels to rise.

ADRB2 Position16

Individuals vary in the degrees to which they utilize or store carbohydrates and fat for energy. The beta-2 Adrenergic Receptor gene is expressed primarily in fat cells and is involved in the mobilization of fat for energy. Polymorphisms on ADRB2 alter the number and/or activity of the receptors on the cell surface, which determines how well those receptors function to mobilize or store fat for energy. Because these receptors are regulated through the nervous system, they are influenced by duration and intensity of exercise. Position 16 on this gene dictates the best type of exercise(s) for an individual. Polymorphisms at loci 16 identify phenotype patterns and are gender specific.

What Arg16Gly means to you:

Women with this polymorphism tend to carry little weight in their abdominal region. Rather, fat accumulates in other areas such as the thighs or hips. Your genotype's preferred exercise includes a mix of steady aerobic and high intensity. Your receptors require both forms of stimulation for optimal results.

ADRB2 Position 27

Individuals vary in the degrees to which they utilize or store carbohydrates and fat for energy. The beta-2 adrenergic receptor gene is expressed primarily in fat cells and is also involved with the storage of carbohydrates as fat. Loci 16 is involved with fat metabolism whereas loci 27 deals primarily with carbohydrates. Glutamic acid at loci 27 increases the body's tendency to convert excess carbohydrates into fat. While this may have been adaptive when famines were common, today this genotype is associated with an increased risk of obesity, especially in the presence of a high carbohydrate and high caloric diet.

What Gln27Glu means to you:

With glutamic acid present at loci 27, your body is moderately resistant to weight loss and you have a higher risk of obesity when your diet is high in carbohydrates. It also indicates that your body has altered glucose metabolism with the tendency to convert extra carbohydrates into fat, giving your body extra fat to breakdown.

ADRB3

Like ADRB2, beta-3 adrenergic receptor is regulated through the nervous system. Whereas FABP2 determines how much fat a person absorbs from the diet, ADRB3 determines how much fat is broken down during exercise. Beta-3 adrenergic receptor is expressed in adipose (fat) tissue and proper receptor stimulation promotes the breakdown of fat. Overall energy expenditure, including exercise, stimulates these receptors. Arginine is the problematic amino acid on ADRB3. When arginine is present, the receptors are not as readily stimulated and there is a higher risk of weight gain and obesity if you are sedentary.

What Trp64Trp means to you:

Because this gene is involved with energy expenditure and you have no arginine present, if you maintain a good exercise regime there is no known risk of obesity. Through exercise, you will not only be able to achieve goals in weight loss, you will also be burning more fat during your time spent exercising.

PPARG

Peroxisome Proliferator Receptor Gamma is a nuclear receptor that can have a dominating role over the metabolic processes controlled by the nervous system. PPARG regulates how the body metabolizes fat and carbohydrates and how fat is stored in the body. It activates genes that stimulate fat uptake and is also associated with a high degree of sensitivity to glucose and insulin along with a resistance to weight loss. Clinical research has shown any polymorphism with proline at loci 12 dictates a resistance to weight loss and a sensitivity to fat being directly associated with overall body mass. It is necessary to analyze this gene due to the influence it can have over the four other genes in the Fit by Design™ weight management and metabolism analysis. This gene likely developed its strength because of its capacity to store fat and carbohydrates, which enhanced survival when food was hard to find. It is through the idea of survival of the fittest that the "normal" polymorphism is the most problematic.

What Pro12Pro means to you:

Proline is the problematic amino acid in this gene and since you have proline in both positions your genotype shows resistance to weight loss if you are sedentary and if you eat an unhealthy diet of saturated fats and simple carbohydrates. Conversely, because there is a strong correlation to a healthy diet and exercise program for your genotype, eating well and exercising for your genotype can promote the proper response of the PPARG receptors. In short, eating and exercising for your genotype enables you to overcome the weakness of this polymorphism.

NUTRITIONAL REFERENCE GUIDE

Mastering a healthy diet comes down to understanding macronutrients (proteins, carbohydrates and fats). It is important to increase your awareness of food sources and meal size. Eating fresh, naturally sourced foods will help you reach your desired fitness and body composition goals.

NUTRITION BASICS

CARBOHYDRATES

Carbohydrates are a macronutrient made of one or more sugar molecules. Broken down by the body and primarily used for energy, carbohydrates can be absorbed into the bloodstream (glucose), stored in cells (glycogen) or converted to fat. The rate at which carbohydrates are broken down and used for energy can vary by type and source.

Types of carbohydrates:

Simple sugars are generally one or two sugar molecules. The body digests simple sugars quickly which can cause spikes in blood sugar levels.

Complex carbohydrates are made of three or more sugar molecules and take longer to digest and provide more sustainable energy for the body.

PROTEIN

Protein is a macronutrient found in every cell of the human body, and is needed for healthy development and maintenance. Protein is made of amino acids, which are the same compounds responsible for the structure of DNA.

Protein is broken down in the body every day and needs to be replenished

Types of proteins:

Essential proteins cannot be made by the body and must be obtained through food.

Non-essential proteins can be manufactured in the human body.

FAT

Fat is a macronutrient necessary for normal body function. It is used for energy, and to help maintain healthy skin and hair. The presence of fat is needed to absorb vitamins K, A, E and D.

Types of fats:

Saturated fats are solid at room temperature and some of these fats can raise LDL levels and cause cholesterol build up in arteries.

Unsaturated fats (mono- and poly-) are typically liquid at room temperature, help maintain a healthy immune system and raise HDL.

THE IMPORTANCE OF WATER

Two thirds of your body and 95 % of your brain are made up of water. But most people do not drink nearly enough of it. Water is vital to your health, as it transports nutrients into your cells and toxins out of your body, which helps prevent disease. It also lubricates achy joints, reduces eye strain, improves digestion, and even helps to boost your energy levels. Try to drink six to eight glasses of pure, filtered water every day.

RESTRICTED DIETS / ALTERNATIVES

Dietary alternatives are readily available to accommodate individuals with food allergies or sensitivities, or for those who for ethical reasons have chosen to follow alternative diets. Some foods can cause indigestion, allergic response or inflammation.

Gluten free diets are used to treat celiac disease or help individuals who experience sensitivity or possibly discomfort after eating foods that contain the protein gluten.

Dairy free diets are used for individuals with lactose intolerance or experience sensitivity or possibly discomfort from eating dairy products.

OPTIMAL FOOD CHOICES

You should be able to recognize the source of your food.

PROTEIN SOURCES:

MEAT

- Steak/Beef
- Chicken
- Ham
- Turkey
- Lamb
- Pork

WILD GAME

- Venison
- Buffalo
- Quail
- Rabbit

FISH

- Salmon
- Shrimp
- Crab
- Lobster
- Sardines
- Halibut
- Tuna
- Tilapia
- Sole
- Cod
- Trout

EGGS / DAIRY

- Cottage cheese
- Goat cheese
- Yogurt
- Eggs
- Whey powder

CARBOHYDRATES / STARCHES:

LEGUMES, BEANS GRAINS & SEEDS

- Beans (all varieties)
- Lentils
- Sunflower seeds
- Pumpkin seeds
- Quinoa
- Millet
- Amaranth
- Brown rice
- Corn tortillas (use sparingly)

RAW, WHOLE & FRESH FRUITS

- Pomegranate
- Grapefruit
- Oranges
- Pineapple
- Watermelon
- Plums
- Peaches
- Strawberries
- Seasonal berries
- Apples
- Mango
- Apricots
- Pears
- Cherries

VEGETABLES

- Broccoli
- Carrots
- Zucchini
- Spinach
- Squash
- Celery
- Green beans
- Lettuce varieties
- Collard greens
- Cucumber
- Asparagus
- Kale
- Radishes
- Peas

* Beans, lentils, quinoa, millet, amaranth, rice, and corn may not be appropriate for individuals following a strict Paleolithic diet

FATS:

NUTS

- Pecans
- Almonds
- Macadamia
- Hazelnuts
- Walnuts
- Pistachios

OILS

- Olive oil
- Coconut oil
- Flax oil
- Sesame
- Grape seed
- Avocado

DAIRY / SIDES

- Avocados
- Mayonnaise
- Nut butters
- Butter
- Olives
- Sour cream
- Flax seeds

ALTERNATIVE DIETS:

DAIRY FREE ALTERNATIVES

- Almond milk
- Rice milk
- Rice cheese
- Hemp, flax and coconut-based dairy substitutes

GLUTEN FREE FLOURS / GRAINS

- Quinoa
- Almond flour
- Amaranth
- Coconut flour
- Brown rice
- Buckwheat
- Basmati rice
- Corn
- Wild rice
- Potato

* Quinoa, millet, amaranth, rice, buckwheat, corn, and dairy may not be appropriate for individuals following a strict Paleolithic diet

Guidelines for Foods to Avoid for Weight Loss

- White and processed sugars, high fructose corn syrup.
- Avoid high quantities of starches such as pastas, breads, cereals and crackers.
- Soy protein, including tofu and tempeh
- Processed, packaged foods
- Fried foods, hydrogenated oils, margarine



Designs for Health makes no warranty either expressed or implied as to the results you might receive from following the Fit by Design™ report. As with any weight loss program, consult your medical doctor before undertaking any of the suggestions made as a result of your personal Fit by Design™ test. The information provided to you is not intended to create any responsibility on the part of Designs for Health or its officers, directors, managers, employees, associates, or affiliates as to the accuracy of any statement made.

TRACK YOUR SUCCESS

**KNOWLEDGE
WITHOUT ACTION
HAS NO POWER**

**WRITE IT
DOWN**

To achieve optimal results, track your progress and set realistic goals.

Tracking your progress keeps you **accountable** and gives you a visual on your **path to success!**

To best apply your DO, EAT, TAKE protocol, it helps to know your starting point so that you will know what you will need to adjust.

Documenting your progress will help you to stay on track. Whether it be a written journal, on your computer or an app, monitor your daily exercise and food consumption.

WHAT ARE YOUR GOALS?

BE SPECIFIC, SET A DATE, AND MAKE IT A POSITIVE STATEMENT!

The way you write your goals will influence your willingness to achieve them.

DO GOAL: _____

EAT GOAL: _____

TAKE GOAL: _____

**Be Accountable.
Grab a Friend!**

Sometimes it helps to implement and maintain new changes when you make them with a friend or partner.

An exercise and nutritional journal can help you spot weak areas so you can concentrate on improvement. Write motivational, positive notes and messages to yourself for encouragement. Don't forget to celebrate your small accomplishments along the way to your bigger goals.

DO IT NOW: *How close are you to your genetically preferred exercise?*

Track your current program and compare it to your last 10 workouts.

1. Remember your last 10 days of exercise. Record the duration and identify the intensity level of each exercise to understand your current program.
2. Add up your total HI, or SA exercises for the 10 days
3. Find your current percentages (Ex: 6 SA exercises from 10 total is 60%)

**WHAT CAN BE MEASURED
CAN BE MANAGED**

Current Program (passed 10 days)	Session 1	Session 2	Session 3	Session 4	Session 5	Session 6	Session 7	Session 8	Session 9	Session 10
Exercise (Class Name/Type)										
Duration (length of time)										
Intensity (Steady Aerobic or High Intensity)										

If you are simply trying to maintain your current weight and you only need to workout 3 days a week, your 10th exercise will be in the 4th week. The most important thing to remember is that for every 10 exercises, you meet your percentage of High Intensity and Steady Aerobic sessions. They can be in any order or any combination that you prefer!

Total HI	Total SA
Total HI	Total SA
30%	70%

COMPARE IT
WHAT IS YOUR "DO" PROTOCOL?

DO IT RIGHT: *Record your exercises to confirm you are achieving your genetically preferred program!*

Use this worksheet to track your preferred genetic program to be sure you are meeting your required percentages.

1. Record your exercise each day, including the duration and identify the intensity level of each exercise.
2. Add up your total HI, or SA exercises.

DO (Protocol)	Session 1	Session 2	Session 3	Session 4	Session 5	Session 6	Session 7	Session 8	Session 9	Session 10
Exercise (Class Name/Type)										
Duration (length of time)										
Intensity (Steady Aerobic or High Intensity)										

Heart rate is relative to each person and varies greatly depending on your **weight, age** and **endurance level**.

So, be sure to monitor your heart rate. **The type of exercise is not as important as** how it **elevates your heart rate during the exercise.**

Total HI	Total SA
30%	70%

!!! Reminder! You do not have to workout every day and there is no specific order you need to follow for your percentages. Just be sure you are getting the right mix your body needs for efficiency and results!

EAT RIGHT FOR YOUR GENES

40% Protein, 35% Carbohydrates, and 25% Fats

Use this worksheet to track the food you eat over the past 3 days of meals.

1. Write down exactly what you ate and record the time.
2. Compare the calories to your genetically preferred diet.
3. Compare the percentages of macronutrients to your preferred percentages.

DAY 1	Breakfast	Lunch	Dinner	Snack
MEAL				
Percentage of Meal	P: C: F:	P: C: F:	P: C: F:	P: C: F:
ESTIMATED CALORIES				
DAY 2	Breakfast	Lunch	Dinner	Snack
MEAL				
Percentage of Meal	P: C: F:	P: C: F:	P: C: F:	P: C: F:
ESTIMATED CALORIES				
DAY 3	Breakfast	Lunch	Dinner	Snack
MEAL				
Percentage of Meal	P: C: F:	P: C: F:	P: C: F:	P: C: F:
ESTIMATED CALORIES				

YOUR GROCERY GUIDE TO THE PALEO DIET

Purchase meats fresh 2-3 times each week if possible, or freeze for later in the week.

PROTEINS	HERBS/SPICES	VEGETABLES	FRUITS	NUTS/SEEDS/
CHICKEN	THYME	BROCCOLI	BLUEBERRIES	SUNFLOWER SEEDS
BEEF- LEAN CUTS	OREGANO	SQUASH	STRAWBERRIES	PUMPKIN SEEDS
PORK TENDERLOIN	CILANTRO	GREEN BEANS	ORANGES	BRAZIL NUTS
TURKEY BACON	BASIL	CARROTS	APPLES	CASHEWS
SALMON	DILL	ZUCCHINI	AVOCADOS	WALNUTS
TUNA	PARSLEY	CUCUMBER	TOMATOES	PISTACHIOS
SOLE/TILAPIA	MINT	ONIONS/SHALLOTS	LIMES	PINE NUTS
SHELLFISH	ROSEMARY	KALE	LEMONS	ALMONDS
BUFFALO	SAGE	RED LEAF LETTUCE	PEARS	PECANS
EGGS	GINGER	BRUSSELS SPROUTS	GRAPES	
TURKEY	TURMERIC	CELERY	RASPBERRIES	
QUAIL	VANILLA	BELL PEPPERS	GRAPEFRUIT	
DUCK	GARLIC	SWEET POTATO	SEASONAL FRUITS	
		MUSHROOMS		
SIDES	CONDIMENTS	LEGUMES		
HUMMUS	BROTH (CHICKEN OR VEG)	LENTILS		
NUT BUTTERS	OLIVE OIL	BLACK BEANS		
LOW FAT CHEESES	SEA SALT	CHICKPEAS		
YOGURT	PEPPER	NAVY BEANS		
(no sugar added)	MAYONNAISE	LIMA BEANS		
	HONEY			
	MOLASSES			

THIS IS A HELPFUL GUIDE FOR GROCERY SHOPPING. YOUR DIET MAY ALLOW FOR ADDITIONAL ITEMS NOT LISTED HERE.