

## Introducing the world's most advanced approach to Healthy Living : Healthy Ageing.

Fitgenes genetic profile reports are based on the science of how nutrition, exercise and lifestyle choices interact with our genes to influence how effectively our bodies function and our wellbeing.

Our personalised genetic profiling focuses on the genes that support health and wellbeing, as these genes can be modified by lifestyle choices. This means that whilst your genes can't be changed, we can compensate for their effect and this is the key to managing their influence on your health and wellbeing.

## Guidance and support just for you

Fitgenes has pioneered a personalised healthcare system, supported and delivered by degree qualified Fitgenes Accredited Practitioners who are allied health care professionals (such as naturopaths, nutritionists or dieticians) and integrative general practitioners.

Our professional community of practitioners are available nationally in Australia, as well as New Zealand, Malaysia, Singapore and Hong Kong.

### Fitgenes Australia Ltd

- 1300 348 436 37
- enquiries@fitgenes.com
- fitgenes.com



Find us on:



Fitgenes has pioneered a personalised healthcare system centered on an individual's unique genetic profile. Our approach offers personalised nutrition, lifestyle and exercise interventions to address key health issues, through our network of trained practitioners.

## Personalised healthcare

Fitgenes profile reports are not based on a 'one size fits all' approach. They are used by your Fitgenes Accredited Practitioner to design a personalised health and wellbeing program to suit you, based on the science of nutrigenetics and nutrigenomics.

This means achieving your health goals are based on the science of how nutrition, exercise and lifestyle choices interact with your genes to influence how effectively your body is functioning.

Our unique process of personalised genetic profiling examines the genes responsible for overall health and wellbeing, and offers you:

- › Customised health and wellbeing programs with measurable results.
- › Strategic nutrigenomic interventions based on your personal DNA profile.
- › The option to address multiple health goals as part of your program.
- › Programs that are easy to implement and maintain.

## Why Fitgenes?

Our philosophy is that by knowing a person's genetic predispositions with regard to fitness, health and nutrition practitioners can deliver strategic and targeted health and wellbeing programs.



[www.fitgenes.com](http://www.fitgenes.com)

## An easy three step process

### STEP 1

Locate a Fitgenes Accredited Practitioner.

Discuss your health requirements and they will outline the program.

### STEP 2

Book a consultation and provide a cheek cell sample.

The sample is analysed by the laboratory and your genetic profile is sent to your practitioner for interpretation.

### STEP 3

Receive your personalised program.

Your program outlines personalised interventions surrounding your:



Nutrition



Exercise



Lifestyle

### THE OUTCOME

Healthy Living:  
Healthy Ageing



## We respect your privacy

Fitgenes applies a process of 'de-identified' personalised genetic profiling. This means once your DNA profile is submitted, all of your personal details are extracted prior to being sent to the laboratory for testing.

When the results are returned, they are matched up again by your Fitgenes Accredited Practitioner who will then begin the process of designing your personalised nutrigenomic program.