





**Speak to your Fitgenes Accredited Practitioner to find out how you can meet your health goals with personalised genetic profiling.**

**Get started today.**

Our Health and Wellbeing genetic profile report is an in-depth analysis of the genetic variations that can influence the way the body responds to what we eat, how we exercise and the way we live.

## Fitgenes Australia Ltd

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Learn more about Fitgenes programs at:

**fitgenes.com/personalisedhealth**

# CarbChoice



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



Find us on:



## Personalised genetic profiling

Personalised genetic profiling offers profound insight into how your body responds to diet, exercise and lifestyle choices.

Understanding how to interpret the results of your profile report and convert the information in to programs for actionable, everyday health and wellbeing, is where Fitgenes and our accredited practitioners can offer you the potential to be the best you can be.

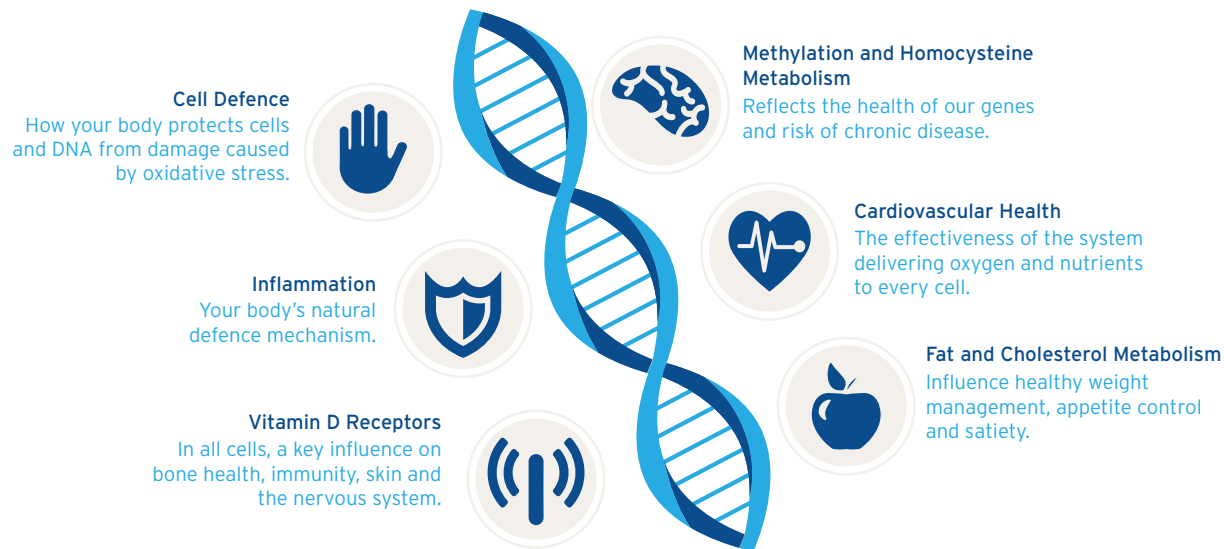
Our approach is based on the science of nutrigenomics which looks at the interaction between your genes, nutrition and lifestyle choices, and how these influence the genes' messages. These messages instruct your body on how it should respond to external influences such as diet and lifestyle choices.

The good news is expression of the genes analysed by Fitgenes is modifiable which means our genes are not our destiny.

Our comprehensive Health and Wellbeing Genetic Profile Report is interpreted by a Fitgenes Accredited Practitioner so they can design a personalised plan to meet individual health goals. Effectively, how your genes are reacting to external factors is analysed and reported on, and a plan to address any negative reactions prepared, based on your unique genetic profile and needs.

## Unique approach

Fitgenes profile reports are unique and provide practitioners with a powerful resource to design health plans that are highly personalised. These are not one-size-fits-all plans modified to suit different people.



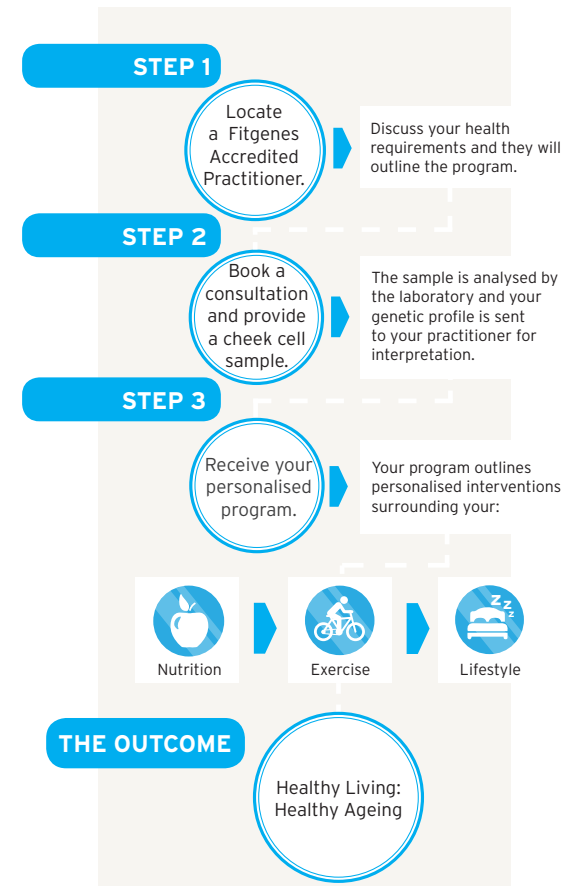
## Gene categories analysed

Fitgenes analyses a select range of genes that are key influencers of your general health, wellbeing and performance.

## Discover your health potential

Unlocking your genetic potential is easy. Learn your results and get started on your health and wellbeing plan.

### An easy three step process



**It's true you can't change your genes but you can affect their expression and influence with the right nutritional, exercise and lifestyle choices.**