



FITgen

A Special Profile for Physical Activity



Facts

There is no more need to prove that physical activity is beneficial to health.

However, individuals have their own capacities in terms of strength, endurance, resistance and motivation.

Choosing a sport or physical activity should take into account these individual capacities. The test FITgen has been developed specifically for this purpose.

Who and when should be tested?

- People, who wish to start or those who must practice a physical activity
- Athletes, who are eager to optimize their performances
- At any time

Why FITgen?

- Clear results allowing to adapt the quality and the intensity of physical activity.
- Easy to perform and innovative.

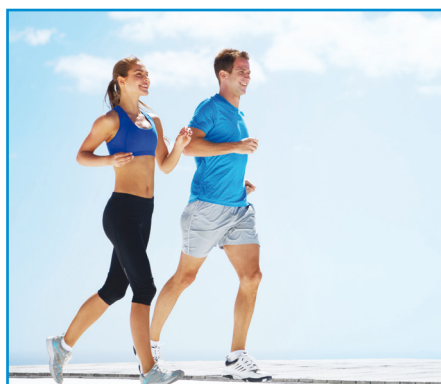
Results and Interpretation

Test results are interpreted as follows:

- FITgen allows to target the most appropriate physical activity for an individual according to his/her genetic potential and lifestyle.
- Results provide detailed information about heart and lung capacities, recovery after injury, motivation to exercise.
- Personalized report takes into account both genetic predisposition and other non genetic parameters.

Additional Information

- Since FITgen is a genetic analysis, it needs to be carried out only once in a lifetime.
- Required sample material is either a blood or a saliva sample.



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