

Adnà

Olivia, here is your
Sports Performance Report



Your DNA
has answers

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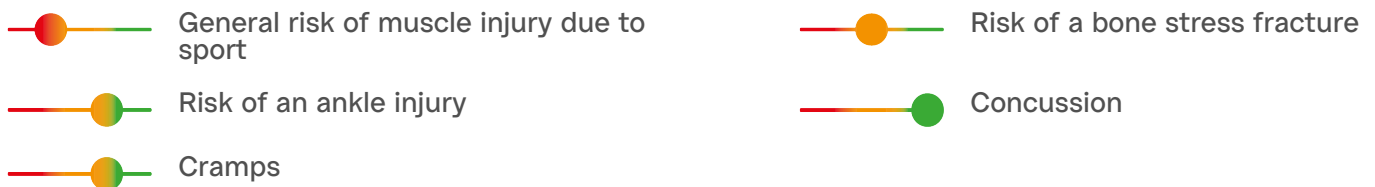
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2. Summary

Training and capabilities



Risk of injury



Biomarkers



Heart



Caption:

- Your analyzed genotype is favorable.
- Your analyzed genotype is a little favorable.
- Your analyzed genotype doesn't particularly affect you.
- Your analyzed genotype is a little unfavorable.
- Your analyzed genotype is unfavorable.

Training and capabilities

General strength

General strength is the ability to oppose resistance or exert pressure through a single muscular contraction. Muscles have a variety of fibre types that define the kind of force they exercise. Type I fibres have a greater aerobic capacity, which allows them to respond efficiently to stimuli of medium intensity and long duration. On the other hand, Type II fibres specialize in the rapid production of energy through anaerobic metabolic pathways, which allows them to generate high levels of power at high intensity and short duration. Genetic studies have associated specific variations in the VDR, CCL2 and HIF1A genes related to greater overall muscle strength in women.

Your genetic map

Gene	Genotype
HIF1A	CC
VDR	GG
CCL2	AA

What do your genetics say?



According to your genotype, your predisposition to greater overall strength is normal. However, other genetic and clinical factors may play a role. You can increase your overall strength mainly by weight training. In any case, we recommend that you consult a health or sports professional before starting a training routine.

More information:

<https://www.ncbi.nlm.nih.gov/pubmed/23222085>

Training and capabilities

Personal motivation

When we undertake any task or project, there can be two motivations. Rational motivation is the set of objective reasons why it is positive to carry out such a project. On the other hand, personal or intrinsic motivation is the set of psychological forces that lead us to undertake such action. It arises from within the individual and is usually a reliable indicator of our possibilities to carry it out. In sports, both types of motivations have an influence. For example, we can exercise because we are overweight or have high blood pressure, and we can do it because our body asks us to, without any apparent objective reasons.

In the case of personal motivation, genetics has a lot to say. For example, several studies show that variations in the BDNF and VDR genes can influence our motivation to practice sport.

Your genetic map

Gene	Genotype
BDNF	CC
VDR	GG

What do your genetics say?



According to your genotype, you are predisposed to have a greater personal motivation to practice sports. Other genetic and clinical factors may also play a role. Sport is an objectively healthy practice that helps prevent diseases, and taking into account the objective factors that advise us to exercise is a sound reinforcement. In addition, the advice of a personal trainer can provide reinforcement and technical and motivational support.

More information:

<https://pubmed.ncbi.nlm.nih.gov/24805993/>

Risk of injury

General risk of muscle injury due to sport

Sport has numerous health benefits, but any physical activity carries a risk of injury from the activity itself and the possibility of performing the exercises incorrectly. To avoid the latter, having a sports or health professional supervise the correct development of the sports routine is essential. When a muscle is injured, proteins are released into the blood, the concentration of which is evidence of more significant damage to the muscle fibres and a greater likelihood of muscle fatigue. However, some people have a greater predisposition to injury than others, and this, in part, is due to their genetics. Scientific evidence has shown that specific variation in the IL6 gene correlates with the risk of injury.

Your genetic map

Gene	Genotype
IL6	GC

What do your genetics say?



You are predisposed to suffer muscular injuries due to sports according to your genotype. In addition, other genetic and clinical factors may play a role. Therefore, in addition to avoiding falls or using protective equipment, if you do certain activities, such as risky or contact sports, it is advisable to do physical exercise to strengthen and maintain the flexibility of your joints and muscles.

More information:

<https://pubmed.ncbi.nlm.nih.gov/18758806/>

Heart

Resting heart rate

The adult heart usually beats between 60 and 100 times per minute at rest. When the heart beats below 60 times per minute, it is bradycardia, which can be a severe problem if the heart rate is too slow and the heart cannot pump enough oxygen-rich blood to the body. A heart rate above 100 beats/min at rest is called tachycardia and is associated with an increased risk of cardiovascular disease. In terms of sports practice, cardiovascular or aerobic exercises such as running, swimming or cycling increase heart rate to a greater extent. In contrast, isometric activities, such as weight lifting, induce a minor increase in heart rate. Several studies have associated specific variations in the FADS1 and CD46 genes, among many others, with abnormal heart rates in particular genotypes.

Your genetic map

Gene	Genotype
TFPI	GG
LOC105375402	AA
RNU3P3	TC
SYT10	CC
LOC105369698	AG
CD46	TT
MYH6	AA
LOC105377979	TT
ACHE	AA
FADS1	GG
SLC35F1	TC
KIAA1755	TC
CCDC141	GG
GNB4	GG
CHRM2	TT
NKX2.5	GG
LOC105373926	AC
FNDC3B	CG
RFX4	AT
CPNE8	TT
RBFOX1	GG
SLC10A7 RNU1	GG
RNU4.35P	TC
LOC107985253	AA
HMG2P29	GG
LOC101928005	AA

What do your genetics say?



According to this study, you are more prone than the average person to having normal levels.

More information:

www.ncbi.nlm.nih.gov/pubmed/23583979

Heart

Familial isolated arrhythmogenic right ventricular dysplasia

Familial isolated arrhythmogenic right ventricular dysplasia (ARVC) is the familial autosomal dominant form of ARVC (see this term), a heart muscle disease characterized by life-threatening ventricular arrhythmias with left bundle branch block configuration that may manifest with palpitations, ventricular tachycardia, syncope and sudden fatal attacks, and that is due to dystrophy and fibro-fatty replacement of the right ventricular myocardium that may lead to right ventricular aneurysms.

Your genetic map

Gene	Genotype
DSP	CC
DSP	GG

What do your genetics say?



We have not detected any pathogenic mutations, but, since we only analyse a part of the gene, you could have a pathogenic mutation in non-analysed genetic regions.

More information:

http://www.orpha.net/consor/cgi-bin/OC_Exp.php?lng=en&Expert=217656

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