

The Gene Elite Test – Your secret weapon to maximum health and performance

Lift Health and Sport is proud to introduce a new addition to our range of health and sports performance assessment tools. In addition to salivary hormone testing, vitamin and mineral analysis and food allergy testing we are able to **assess your own genetic profile**. Using the latest in cutting edge science, Gene Elite is a test that provides you with an accurate and individual genetic profile that can assist you in tailoring your long term health and sports performance plan.

The Gene Elite test covers 4 areas of health and sports performance:

1. **Body Fat Metabolism** – find out how well you burn fat and use that information to speed up the process with specific nutritional. Also find out how well you metabolize cholesterol and your predisposition to developing type 2 diabetes.
2. **Lean Body Mass Development** – find out how well you build lean muscle and your natural potential at a cardiovascular level. This section also indicates your tolerance to anaerobic exercise (lactate build up) and bone density maintenance.
3. **Recovery** – find out how good your antioxidant capacity is. Are you susceptible to inflammation? Find out ways to reduce oxidative damage and improve your recovery ability.
4. **Nutrition** – find out your liver's natural ability to flush out toxins (xenobiotics) via the liver. Find out ways to reduce free radical production, promote good detoxification and reduce the effects of ageing.

The main advantage of the gene elite test is that you know what is going on in your own body. This is a **once in a life time test**. The results do not change. You will always have an understanding of the conditions you may be predisposed to. The information is best used in a preventative way to maximise your health and exercise performance. This test is not just for elite athletes, although they can benefit hugely from the insight; it is also designed for healthy people who want to stay that way! It can be used to enhance your body composition (your lean muscle to body fat ratio), improve your cardiovascular health or help prevent injury problems in the future. It can also explain why you may have certain health problems, or how you can prevent them. So why not become one of the gene elite? It can be your secret weapon to maximise your health and exercise potential.

The test is simple to do at home and involves collecting a scraping of cheek cells from the inside of your mouth. Results come back in 2 -3 weeks and your privacy is thoroughly assured. The test is \$495.00 and includes a 1 hour consultation to interpret the data and suggest an action plan designed especially for you. If you would like more information on the gene elite test please contact us at Lift Health and Sport on **9686 0086** or visit the Gene Elite website www.excelgene.com/geneelite.htm where you can view the gene profiles in depth.