

myFitnessFx™

Precision fitness testing to inform exercise

MyFitnessFx is designed for people who want to know how their body responds to exercise, and what improvements can be made to optimize their health and fitness. Through in-depth analysis of blood markers, myFitnessFx pinpoints underlying factors that may be holding performance back or contributing to injuries and inflammation. A personalized nutrition and fitness plan is designed for each individual based on their unique needs and any potential health risks.

Who should test?

Every person has a unique set of fitness needs based on their health status or potential health risk, particularly as they get older. It's time to take the guesswork out of your fitness routine and find out more precisely what's right for you.

<p>New fitness program</p> <p>If you're starting a new fitness program, monitor your progress by taking a baseline test, then test again later to see how your fitness program is directly benefiting your health.</p>	<p>Preventive health</p> <p>You take proactive steps to maintain good health. Analyzing your biomarkers lets you know you're on the right track in your fitness and nutrition goals.</p>	<p>Injury recovery</p> <p>Your blood markers may indicate an underlying reason for repeated injuries or why you're not recovering properly. Your fitness plan can put you on track to injury recovery.</p>
<p>Health risk</p> <p>You have a health condition or potential health risk. You want a fitness program that addresses any health concerns to reduce or eliminate your risk.</p>	<p>Longevity</p> <p>Aging comes with greater health risks. Your body becomes more susceptible to injury. The right fitness can keep you in shape and reduce the risk of chronic disease.</p>	<p>Performance</p> <p>As an athlete, you want to ensure you can reach your peak performance. Get a precision fitness program based on your biomarkers to help guide your optimal fitness program.</p>



Fitness and health insights

Fitness

- Fuel transition
- Training tolerance
- Athletic signature
- Mitochondrial function

Health and nutrition

- Underlying health risks
- Nutritional imbalances
- Inflammation and immune function

Precision fitness plan

Personalized actions for:

- Intensity
- Duration
- Timing
- Relative mix of aerobic vs strength
- Addressing health risks and factors contributing to injuries or inflammation
- Nutritional approaches to complement training

How it works



Give Sample
Visit one of our labs



Data Analysis
We connect all the dots



Explore Results
Online, anytime, anywhere



Personalized Plan
Track progress and repeat!

PRODUCT SHEET
Compare packages

myFitness_{Fx}[™]

- Fuel utilization, training tolerance, athletic signature, health benefits
- Personalized action plan
- 8 health risks
- Liver, kidney & cognitive health

myFitness_{Fx}[™] Pro

- **Everything in myFitnessFx, plus:**
- Extended athletic signature, mitochondrial function
- Additional 8 health risks
- Extended liver, kidney & cognitive health, plus inflammation, immune function and coagulation

myFitness_{Fx}[™] Max

- **Everything in myFitnessFx PRO, plus:**
- Complete fitness insights
- Vitamins & minerals imbalances
- Environmental toxins
- Nutrition & supplement recommendations

The science behind our biomarker fitness assessments

FUEL UTILIZATION

Are you burning fats and sugars effectively?

Your body relies on sugars and fats for energy. The ability to switch between these two fuel sources to meet energy needs is known as metabolic flexibility. We measure your metabolic flexibility and make recommendations to improve it – so you can boost your fitness capacity.

HEALTH BENEFITS

What exercises can lower your health risks?

If you have a current health condition or are at risk of developing a condition, exercise can help to reduce symptoms or the onset of a disease. We measure biomarkers that can detect potential health risks and we make exercise, nutrition, supplement or treatment recommendations to manage symptoms and reduce those potential health risks.

MITOCHONDRIAL FUNCTION

Are you ready for high intensity?

Healthy mitochondria are essential to reap the health benefits of exercise and keep your body protected from damaging oxygen byproducts. Find out if you are ready to take on high-intensity workloads.

TRAINING TOLERANCE

Are you training at the right level?

Certain biomarkers can indicate whether you are at a higher risk for injury or infection. These markers can determine your current training tolerance. If these biomarkers are out of range, recommendations can be made to bring them back to normal ranges and reduce the risk of injury from overtraining.

ATHLETIC SIGNATURE

How do you compare to an elite athlete?

Ever wonder how your health measures up against an elite athlete? We measure and score your personal biomarker values and compare them to a database of various elite athletes. Find out if your “athletic signature” is similar to a hockey, tennis or basketball player, skier or some other type of athlete.

What we measure

- Blood glucose
- Complete amino acid profile
- Oxidative stress and strength of blood vessels
- Lipoproteins
- Liver enzymes
- Inflammation proteins
- Genetic variants