

Waist Circumference

DNA Health Report

REPORT CATEGORY —



WEIGHT & BODY FAT

Sample Client

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DISCLAIMER

This report does not diagnose this or any other health conditions. Please talk to a healthcare professional if this condition runs in your family, you think you might have this condition, or you have any concerns about your results.

Personal information

NAME

Sample Client

SEX AT BIRTH

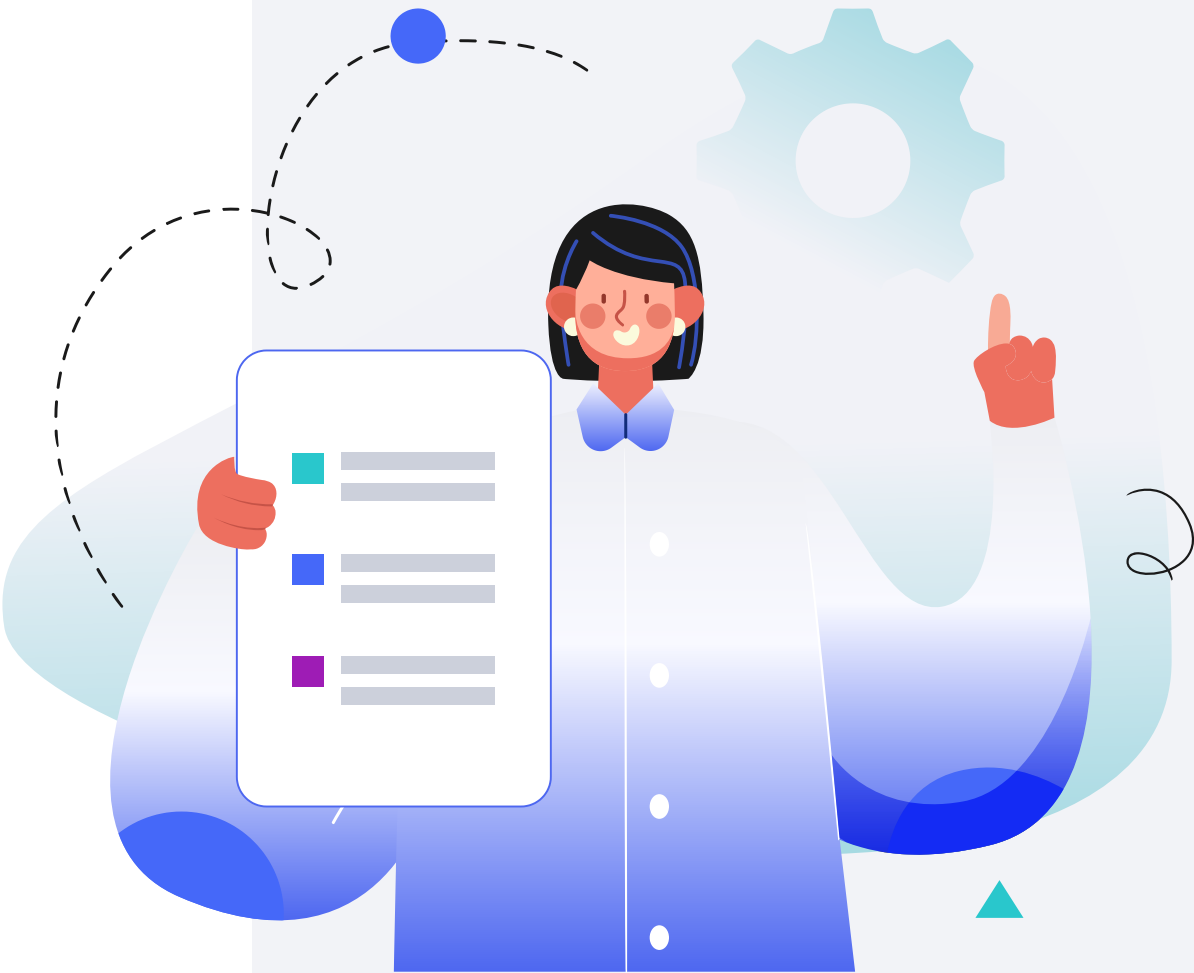
Male

HEIGHT

5ft 5" 165cm

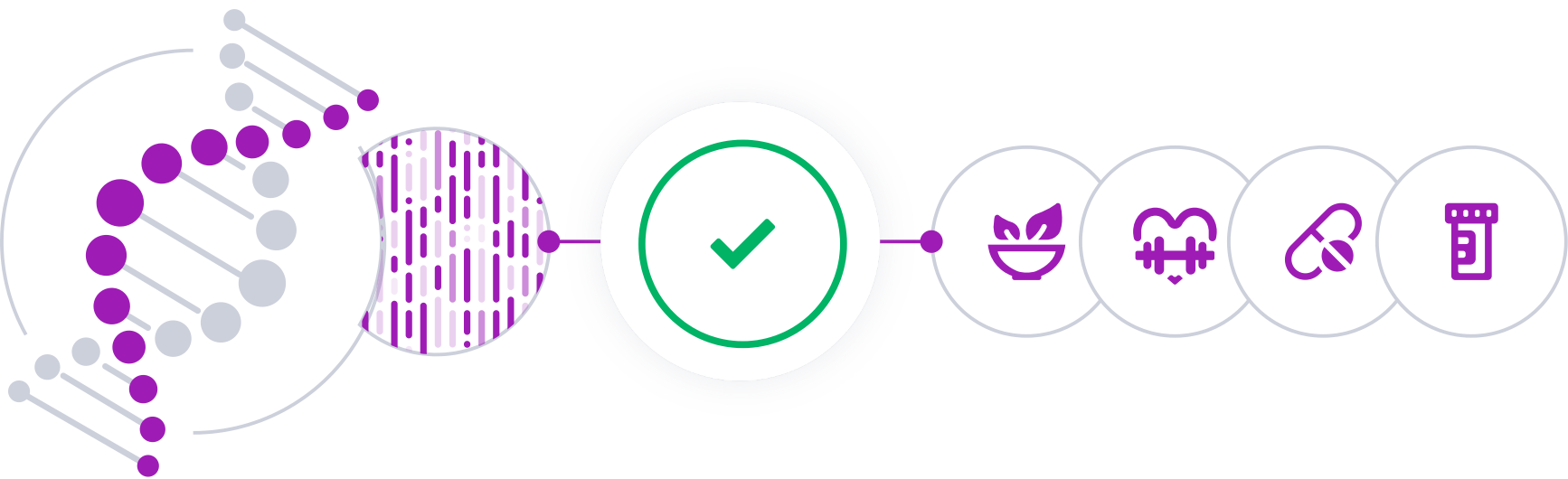
WEIGHT

137lb 62kg



How this works

Our Wellness Reports analyze how your DNA influences your health.
We then use this analysis to give you personalized risk estimates and recommendations.

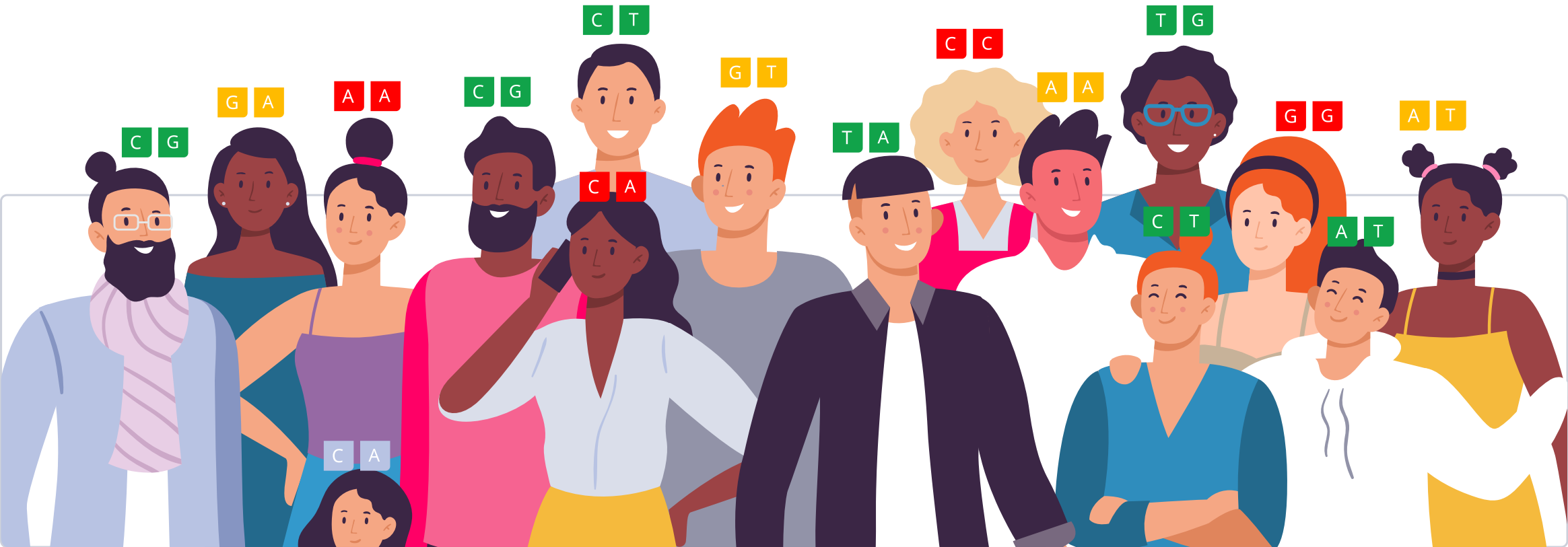


Similarly, our Trait Reports look at how your DNA influences your traits.



Your DNA is like an instruction manual — it contains a lot of information.
You can think of it as a blueprint for your body.

Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



We use artificial intelligence and machine learning to analyze all this information.
We then summarize your results as a risk score or display it on a gauge.

In total, we analyze up to 83 million genetic variants.

When we give a risk score, the risk icon tells you if you are at a higher or lower risk compared to other people:



Genotype color info:

AA

You don't have any risk alleles

AA

You have 1 risk allele

AA

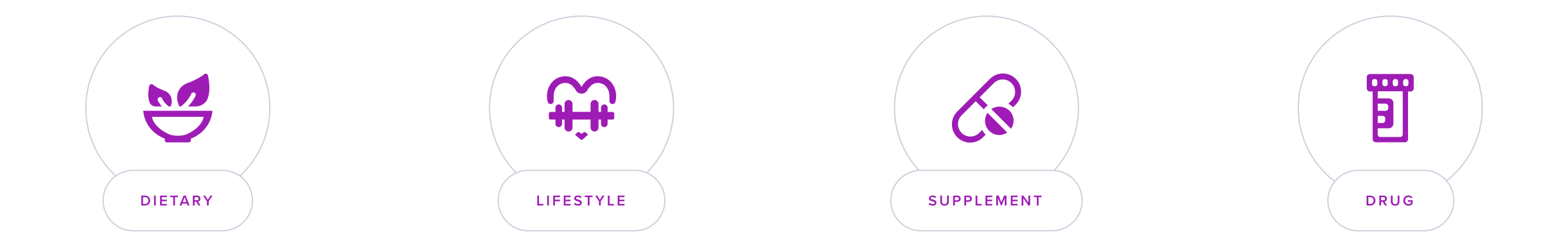
You have 2 risk alleles

Your risk is also displayed as a percentile. This will tell you how your risks compare to our sample population. The lower your percentile number, the lower your risk. The "50th percentile" would be an average risk.

Similarly, the gauge tells you your relative risk score compared to our sample population, or it indicates a specific trait or haplotype you are more likely to have based on your genetic variants.

When applicable, we also list top evidence-based recommendations that may help lower your risk. The focus is on recommendations that may be of benefit to you, based on your genetics.

Our recommendations come in four categories: lifestyle, diet, supplements and drugs. The following icons tell you which category a recommendation falls into:



Our team of scientists also ranks each recommendation.
We rank based on impact and the strength of evidence in the medical literature.

Impact shows how strongly a recommendation will affect your health in a certain area.
Evidence is how much scientific support there is for the recommendation. Rankings are from 1 to 5 (low to high):



Impact

Impact scores range from 1-5. These scores reflect how much of an effect each recommendation can have. An impact score of 5 predicts the biggest effect.

When a recommendation affects something we can measure, we use those measurements to assign the impact score. For example, a recommendation that decreases cholesterol by 20% will have a higher impact score than one that decreases it by 5%.

Some recommendations affect things that we cannot directly measure, like stress or mood. For these, the impact score is based on how well they work relative to other recommendations and standard treatments. The best ones get the highest scores.

If there is a lot of research that shows a recommendation works especially well for your genotype, the impact score gets increased.

Recommendation Evidence

- 5 / 5
- Recommendations that are considered effective and generally recommended by experts and medical bodies.
-
- 4 / 5
- Recommendations that are considered likely effective and that have multiple independent meta-analyses and a great many studies supporting them.
-
- 3 / 5
- Recommendations that are considered possibly effective and have many studies supporting them
-
- 2 / 5
- Recommendations that have insufficient evidence, with two or several clinical trials supporting them, or many studies but with ambiguous results.
-
- 1 / 5
- Recommendations that have insufficient evidence, with a single clinical trial, or with many studies most of which didn't find support for the recommendation.
-
- 0 / 5
- No evidence in humans.

Genotype-specific Evidence

- High-quality
- Direct evidence that a recommendation helps more in people with your gene variant (many clinical trials, a few large clinical trials, or a meta-analysis).
-
- Medium-quality
- Direct evidence that a recommendation helps more in people with your gene variant (a few clinical trials or one large clinical trial).
-
- Low-quality
- Direct evidence that a recommendation helps more in people with your gene variant (a single clinical trial or more trials with inconsistent results).
-
- Indirect
- A recommendation may help more in people with your gene variant because it targets a specific gene or protein affected by your variant (e.g., MTHFR, dopamine).
-
- In theory
- A recommendation may help more in people with your gene variant because it targets a specific mechanism affected by your variant (e.g., inflammation, oxidative stress).

Some things to keep in mind:

- Genetics doesn’t play a considerable role in a condition or a trait.
- There is not enough research available to estimate a genetic predisposition.
- There are technical limitations to estimating or presenting a genetic predisposition.
- The topic is sensitive, and a genetic predisposition should only be estimated and presented by a healthcare professional.

Introduction

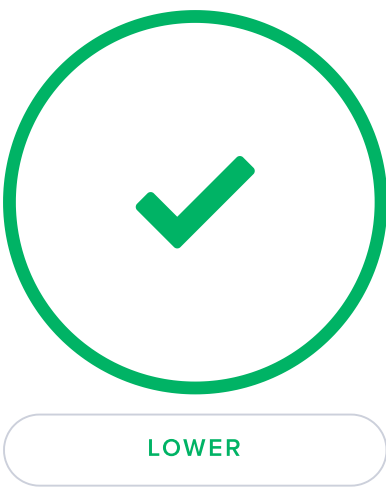
Waist circumference is an important anthropometric measurement that provides valuable insight into an individual's distribution of body fat, particularly abdominal fat. An increased waist circumference can be an indicator of central obesity, which is a key risk factor in the development of cardiovascular disease, type 2 diabetes, and metabolic syndrome.

This simple yet effective measurement is critical as it reflects the amount of visceral fat, which surrounds internal organs and is more predictive of health risks than fat located in other areas of the body.

Associated Conditions

Monitoring waist circumference can help to identify individuals at an increased risk for obesity-related conditions, even if they have a normal body mass index (BMI). It is an accessible tool for health professionals to counsel patients about lifestyle modifications and risks associated with excess abdominal fat.

Reduction in waist circumference through diet, physical activity, or lifestyle intervention is often associated with improvements in metabolic health and a reduction in the risk for developing obesity-related diseases.



Likely lower waist circumference based on 1,236,182 genetic variants we looked at

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
MAPK3	rs60683614	CC
VKORC1	rs62057090	CC
GSR	rs2725370	TT
PCCB	rs34894639	CC
ZGPAT	rs6062498	GG
IDUA	rs3733349	CC
/	rs7575523	TG
ATP6V1G2	rs2260051	TA
PGAP6	rs55705600	AC
NFAT5	rs4783581	GC
CABLES1	rs113949240	CA
ATP5MC1	rs9909861	CA
TSHZ2	rs12481280	TC
NRBP1	rs1728918	AG
IRAK1BP1	rs236852	AC
CCND2	rs76895963	TT
FTO	rs7206790	CC
HMGA1	rs9689096	AA
IPO9	rs2678204	TT
HBZ	rs12926311	CC
NQO1	rs12923438	AA
MAP3K1	rs30351	AA
CTSW	rs642803	TT

The number of "risk" variants in this table doesn't necessarily reflect your overall result.

Your Recommendations

Your recommendations are prioritized according to the likelihood of it having an impact for you based on your genetics, along with the amount of scientific evidence supporting the recommendation.

You'll likely find common healthy recommendations at the top of the list because they are often the most impactful and most researched.

DOSAGE		DOSAGE			
1	Aerobic Exercise (Cardio)	1 hour	2	Mediterranean Diet	
3	Yoga	30 minutes	4	Spirulina	500 mg
5	Glucomannan	3 g	6	Low-Carbohydrate Diet	
7	Zumba	1 hour	8	Oats	
9	Limit Calorie Intake		10	Avoid Sugary Foods & Drinks	
11	Exercise At Least One Hour a Day	1 hour	12	Eat Fiber-Rich Foods	
13	Limit Trans Fats		14	Resistant Starch	40 g
15	Whole Grains		16	Strength Training	1 hour
17	African Mango Seed Extract	300 mg	18	Green Tea Extract	250 mg

1



Aerobic Exercise (Cardio)

IMPACT

5 / 5

EVIDENCE

5 / 5

How to implement

Engage in at least 150 minutes of moderate-intensity aerobic exercise or 75 minutes of vigorous-intensity activity each week. Distribute this time over at least 3 days per week, avoiding consecutive days of vigorous exercise to allow for recovery.

TYPICAL STARTING DOSE

1 hour

Description

Engaging in regular aerobic exercise, such as running, swimming, or cycling, offers numerous health benefits, including improved cardiovascular fitness, weight management, and mood enhancement. It supports overall physical and mental well-being while reducing the risk of chronic diseases.

Cardio, short for cardiovascular exercise, is any type of physical activity that temporarily increases your heart rate. Examples include **running, cycling, swimming, and brisk walking**.

Regular cardio exercise has many benefits for your overall health. It can help lower your risk of heart disease and diabetes, support weight loss, and improve your mood and energy levels. To get the most out of cardio, try to do it for at **least 30 minutes, 3-5 times a week**.

Interval training is a type of cardio that combines periods of high-intensity training with brief rest periods.

How it helps

Most experts agree that getting 150-300 minutes of exercise per week can help you control your weight. For best results, try to push yourself a bit with **moderate or intense exercise**. Both aerobic and strength training may be similarly effective at reducing waist circumference [\[R, R\]](#).

Exercise helps by burning calories and boosting your metabolism. It may also lower your appetite [\[R, R\]](#).

However, it might take a while to see the results of your hard work. **The benefits of moderate or intense exercise may only show after 12 weeks** [\[R, R, R, R, R\]](#).

Note that exercise may be less effective at helping you lose weight than limiting your calorie intake. However, **it will likely help you maintain a lower weight in the long run** [\[R, R, R\]](#).

2

Mediterranean Diet

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Incorporate a variety of primarily plant-based foods, such as fruits, vegetables, whole grains, nuts, and legumes, into every meal. Choose healthy fats, like olive oil, over saturated fats and consume fish and poultry at least twice a week. Limit red meat to a few times a month and include a moderate amount of dairy products. Opt for water and red wine in moderation as your beverages.

Description

The [Mediterranean diet](#) is based on the traditional cuisine from the Mediterranean regions. It moderates the intake of red meat and dairy, while being rich in fruits and vegetables, whole grains, and healthy fats ([olive oil](#)).

The [Mediterranean diet](#) focuses on traditional cuisine from the Mediterranean regions. It’s rich in [\[R\]](#):

- [Olive oil](#)
- Fruits and vegetables
- Whole grains
- Nuts and seeds
- Fish

This type of diet may **reduce inflammation and protect the brain and heart** [\[R, R, R, R\]](#).

Limited intake of animal products, saturated fat, and refined sugar likely contribute to the health benefits of the Mediterranean diet [\[R\]](#).

How it helps

The Mediterranean diet may support weight loss more than a low-fat diet. Adopting this diet may reduce waist circumference by ~1.5 cm. Combining the Mediterranean diet with exercise and calorie restriction may even boost its effects on weight [\[R, R, R, R, R\]](#).

What makes the Mediterranean diet a great choice?

- It’s low in saturated fat [\[R\]](#)
- It’s rich in healthy fat sources like olive oil and fish [\[R, R\]](#)
- It’s rich in fiber [\[R\]](#)

This diet may also support weight loss in people with type 2 diabetes. In people with this condition, adopting the Mediterranean diet may reduce waist circumference by ~0.7 cm [\[R, R, R, R\]](#).

3



Yoga

IMPACT

2 / 5

EVIDENCE

3 / 5

How to implement

Practice yoga for at least 20 to 30 minutes a day, most days of the week. Choose a style that matches your fitness level and goals, and consider attending a class or using online resources to guide your practice.

TYPICAL STARTING DOSE

30 minutes

Description

Yoga is a mind-body practice that combines physical postures, breathing exercises, and meditation. It enhances flexibility, strength, and mental well-being and is used for stress reduction, relaxation, and overall health improvement.

[Yoga](#) combines breathing, stretching, and relaxation techniques. Practicing yoga may help [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Reduce [stress](#)
- Improve fitness
- Lower blood pressure and heart rate
- Manage pain

How it helps

Stress causes weight gain by increasing chemicals that influence hunger and appetite, such as [\[R\]](#):

- [Ghrelin](#)
- [Cortisol](#)

Experts agree that stressed out people are more likely to eat junk food, which may pave the way for weight gain [\[R\]](#), [\[R\]](#), [\[R\]](#).

In fact, stress may lead to unhealthy eating in children as young as 8 years old [\[R\]](#).

Yoga may help reduce waist circumference in both healthy people and those with metabolic syndrome. However, it may not help in overweight or obese people [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

4



Spirulina

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 1-8 g of spirulina supplements daily, preferably with a meal to enhance absorption.

TYPICAL STARTING DOSE

500 mg

Description

Spirulina is a blue-green algae. It is rich in nutrients like protein, vitamins, and minerals, particularly vitamin B12 and iron, and is a source of antioxidants, chlorophyll, and phycocyanin. It can be found in powdered or tablet form as a supplement, and is often used to boost energy, support the immune system, and enhance overall nutrition. Additionally, spirulina.

[Spirulina](#) is a supplement made from blue-green algae that grows in fresh and marine water [\[R, R\]](#).

Dried spirulina is up to 70% protein. It’s also rich in vitamins, antioxidants, and healthy fats. This makes it a great source of nutrition for both people and livestock [\[R, R, R\]](#).

People use spirulina supplements to reduce [\[R, R\]](#):

- Cholesterol
- Blood pressure
- Blood sugar

How it helps

Spirulina may help reduce waist circumference by promoting weight loss and fat burning due to its high protein content and antioxidants. It can help regulate blood sugar levels, which is beneficial for managing weight.

5



Glucomannan

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 1 gram of glucomannan powder with 8 ounces of water, 15 minutes to 1 hour before each meal, three times daily. It's essential to drink plenty of water when taking glucomannan to ensure it reaches the stomach and expands, helping to promote a feeling of fullness.

TYPICAL STARTING DOSE

3 g

Description

Glucomannan is a dietary fiber derived from the root of the konjac plant and is often used as a weight loss supplement. It may promote feelings of fullness and support weight management when used in conjunction with a balanced diet.

How it helps

Glucomannan, a dietary fiber from the konjac root, may help reduce waist circumference by promoting a feeling of fullness. This leads to reduced caloric intake and potential weight loss.

6



Low-Carbohydrate Diet

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Limit your daily intake of carbohydrates to less than 26% of your total daily calories. For a standard 2000-calorie diet, this means consuming no more than 130 grams of carbohydrates per day. Focus on including non-starchy vegetables, lean proteins, and healthy fats in your meals while minimizing the intake of sugars, bread, pasta, and other high-carb foods.

Description

Low-carbohydrate diets can promote weight loss, improve blood sugar control, and support heart health. They may also be beneficial for individuals with certain medical conditions, such as epilepsy or metabolic syndrome.

How it helps

A low-carbohydrate diet can lead to a significant reduction in body fat, including the fat around the waist, by forcing the body to burn fat for energy instead of carbohydrates, leading to weight loss and reduced waist circumference.

7



Zumba

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Participate in a Zumba class at least 3 times per week for a duration of one hour each session. Choose a class appropriate for your fitness level to ensure safety and effectiveness.

TYPICAL STARTING DOSE

1 hour

Description

Zumba is a fitness program that combines dance and aerobic movements set to energetic music. It's popular for its potential to improve cardiovascular fitness, coordination, and overall physical health through a fun and engaging workout.

How it helps

Zumba is a high-energy cardiovascular exercise that can help burn a significant amount of calories. Engaging in Zumba regularly can lead to overall fat loss, including around the waist area. It combines aerobic exercise with resistance training, which is effective in reducing waist circumference.

8



Oats

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate oats into your diet daily by having them for breakfast as oatmeal, or adding them to smoothies, baking recipes, or overnight oats. Aim for at least a half-cup (40 grams) of dry oats to reap the health benefits.

Description

Oats are a whole grain known for their high fiber content and nutritional value, like zinc, iron, and manganese. Including oats in one's diet can promote heart health, stabilize blood sugar levels, and provide sustained energy.

Oats are a good source for manganese, zinc, iron, magnesium, and vitamins B1 and B5. A ½ cup serving provides 0.7 mg of manganese or 30%DV.

How it helps

Eating oats can help improve waist circumference due to their high fiber content. Dietary fibers can enhance satiety, leading to lower food intake and potentially result in weight loss which directly affects waist circumference.

9



Limit Calorie Intake

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Consume fewer calories than your body needs for maintenance. Calculate your daily caloric needs using an online calculator based on your sex, age, weight, height, and activity level, then reduce that number by 500-1000 calories per day to safely lose 1-2 pounds per week. Adjust the caloric intake as needed based on your progress.

Description

People often limit their calorie intake to help them lose weight [\[R, R\]](#). However, moderate calorie restriction may also help you stay healthier and age better [\[R, R, R, R, R\]](#).

There are different ways to take in fewer calories. You can:

- **Eat low-calorie foods**, such as those rich in proteins, fiber, and water. Avoid fatty and sugary foods, which tend to be high in calories [\[R\]](#).
- Try [intermittent fasting](#), which involves changing how often you eat [\[R\]](#).

If you are restricting your calories, make sure your diet remains healthy and balanced. Experts also recommend being physically active, to prevent the loss of muscle and bone mass.

How it helps

Reducing overall calorie intake can lead to weight loss, including a reduction in waist circumference. It involves consuming fewer calories than the body burns through daily activities and exercise.

10



Avoid Sugary Foods & Drinks

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

To avoid sugary foods, eliminate or significantly reduce consumption of foods and beverages high in added sugars such as sodas, candies, baked goods, and sugary cereals from your diet. Instead, opt for natural sugar sources like fruits. Aim to do this daily for ongoing health benefits.

Description

High-sugar foods like baked goods, sweets, and sugary drinks, can spike your blood sugar levels. Consuming a lot of these types of foods can contribute to health issues like diabetes, obesity, insomnia, and heart disease.

High-sugar foods and refined carbs have a high glycemic index (GI). This means they tend to spike your blood sugar levels. They include [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Sugary drinks
- Baked goods
- Sweets
- White bread
- White rice
- Pasta

Eating a lot of sugary foods can contribute to:

- Diabetes [\[R\]](#), [\[R\]](#), [\[R\]](#)
- Weight gain and obesity [\[R\]](#), [\[R\]](#)
- Insomnia [\[R\]](#)
- Heart disease [\[R\]](#)

You may also want to avoid processed sugars and sugary drinks. They may have a role in increasing IL-1B [\[R\]](#), [\[R\]](#).

How it helps

Consuming high amounts of sugary foods can lead to weight gain and fat accumulation around the midsection because these foods are high in calories and can cause spikes in blood sugar levels. Reducing intake can help control weight and reduce waist circumference.

11



Exercise At Least One Hour a Day

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Dedicate a minimum of 60 minutes to moderate-intensity activities such as brisk walking, swimming, or cycling. Do this most days of the week, aiming for at least 5 days to optimize benefits.

TYPICAL STARTING DOSE
1 hour

Description

[Exercise](#) can do wonders for your health. It can help you lose weight, improve your heart health, boost your mood, and more [\[R\]](#).

There are many ways you can be active. You can walk, run, swim, dance, or play team sports. **Everything counts, and it's never too late to start!**

Try to get at least **60 minutes of moderate physical activity on most days**, including walking. **Getting a mix of cardio (min 150 min/day) and strength training (min 2 times a week) may be optimal.**

How it helps

Exercising for at least 30 minutes a day is beneficial for reducing waist circumference. This consistent physical activity helps in burning calories and improving metabolism, which in turn can lead to a reduction in abdominal fat. It's an effective way to maintain a healthier waistline and improve cardiovascular health.

12



Eat Fiber-Rich Foods

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate foods high in fiber, such as fruits, vegetables, whole grains, and legumes, into your daily meals. Aim for a total dietary fiber intake of 25 to 30 grams per day, spread out over all meals.

Description

Fiber is a type of carb that your body can’t digest which supports digestion, heart health, and blood sugar control. You can get fiber by eating things like whole grains, fruits, nuts, seeds, and leafy greens.

Fiber is a type of carb that your body can’t digest. It supports digestion, heart health, blood sugar control, and more [\[R, R\]](#).

Adults should get 28 g of fiber every day. Most people in the US don’t get enough fiber [\[R, R\]](#).

You can get more fiber by eating [\[R, R\]](#):

- Whole grains
- Fruits
- Leafy greens
- Nuts and seeds
- Beans
- Broccoli

Fiber supplements, such as [psyllium husk](#), are available for people who don’t get enough fiber from their diets [\[R, R\]](#).

How it helps

High fiber foods can help reduce waist circumference by improving digestion and making you feel fuller longer. This can lead to a natural reduction in calorie intake and help with weight management.

13



Limit Trans Fats

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

To limit trans fats, read food labels and choose products with 0 grams of trans fat. Avoid fried foods, packaged snacks, baked goods, and fast foods, which are common sources of trans fats. Aim to eliminate trans fats from your diet completely.

Description

Limiting trans fat intake is vital for heart health and reducing the risk of cardiovascular diseases. Avoiding foods high in trans fats and opting for healthier alternatives promotes better cardiovascular well-being.

Based on their structure, the fats in our diet can be broadly divided into *saturated* and *unsaturated* fat. Trans fat is a type of unsaturated fat [\[R, R, R\]](#).

In large amounts, trans fat and saturated fat may have a negative impact on your heart. Processed foods and animal products like red meat and dairy are rich in these fats [\[R, R, R\]](#).

How it helps

Trans fats are associated with an increase in body fat, particularly around the waist. Avoiding foods containing trans fats can help in reducing waist circumference by preventing the accumulation of unhealthy fat.

How to implement

TYPICAL STARTING DOSE

40 g

Description

Resistant starch is a type of starch that resists digestion in the small intestine, making it a prebiotic fiber that can benefit gut health. It can be found in foods like green bananas, legumes, and certain grains.

Resistant starch is starch that doesn't get digested in the small intestine [R, R].

Some types of resistant starch include [\[R\]](#):

- **Type 1** occurs naturally in foods such as whole grains
- **Type 2** can be isolated from foods such as corn and green banana
- **Type 3** is created during the cooking and cooling process of starchy foods like potatoes

Resistant starch doesn't increase blood sugar like typical digestible starches do [[R](#), [R](#)].

Instead, it feeds good bacteria in the colon that [\[R, R\]](#):

- Support healthy gut function
- Support immunity
- Reduce inflammation

How it helps

Resistant starch can help reduce waist circumference by improving gut health and increasing feelings of fullness. This may lead to reduced calorie intake and weight loss, indirectly affecting waist size.

15



Whole Grains

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate at least three servings of whole grains into your daily diet. This can include consuming foods such as whole grain bread, brown rice, whole grain pasta, and oats. Aim to replace refined grains with whole grains at each meal for optimal benefits.

Description

Whole grains encompass a variety of grains like wheat, oats, and quinoa, where the entire grain kernel is intact. They are rich in fiber, vitamins, minerals, and antioxidants, supporting heart health and reducing the risk of chronic diseases.

Unlike refined grains, whole grains contain nutritious parts of the grain like bran and germ.

Whole grains provide many crucial nutrients, including:

- Fiber
- B-vitamins
- Iron
- Magnesium
- Phosphorus

Due to their high fiber content, whole grains don’t tend to spike blood sugar like refined grains do.

How it helps

Whole grains, similar to oats, are rich in dietary fiber, which can help reduce waist circumference by improving satiety and reducing overall calorie intake, thus helping in weight management.

16

Strength Training

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Engage in strength training exercises, such as weight lifting or bodyweight exercises, for 60 minutes per session, 2 to 3 times per week. Ensure you work all major muscle groups and rest each muscle group for at least 48 hours before exercising it again.

TYPICAL STARTING DOSE

1 hour

Description

Strength training, also called resistance or *anaerobic* training, contracts the muscles against an external resistance for short periods of time. This helps gain muscle strength, tone, and mass. This can include activities like weight lifting, pushups, and crunches.

Strength training, also known as resistance training, is a type of physical exercise that uses resistance to build strength, anaerobic endurance, and size [R]. Some of the most common strength training methods include [R]:

- Weight lifting
- Bodyweight exercises like push-ups, pull-ups, squats, and lunges.
- Resistance bands
- Plyometrics or explosive force exercises

The benefits of strength training are numerous, and include [R]:

- Increased muscle strength
- Improved bone health
- Reduced risk of injury
- Improved balance and coordination
- Enhanced mood
- Boost metabolism

Consult with a doctor before starting any new exercise program, especially if you have any health conditions.

How it helps

Strength training helps in reducing waist circumference by increasing muscle mass, which in turn boosts metabolism. A higher metabolic rate means the body burns more calories at rest, aiding in the reduction of body fat, including around the waist. Incorporating strength training exercises can be a strategic approach to slimming the waistline.

17



African Mango Seed Extract

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 150 mg of African mango seed extract twice daily, 30 minutes before meals with a glass of warm water. Continue this regimen for 10 weeks for optimal results.

TYPICAL STARTING DOSE

300 mg

Description

African mango (*Irvingia gabonensis*) is a tropical fruit native to West Africa. It is renowned for its potential health benefits, primarily attributed to its high fiber content and the presence of an extract known as Irvingia, which is believed to support weight management and improve metabolic health. African mango supplements are commonly used to aid in weight loss efforts and may help reduce cholesterol levels and improve blood sugar control.

[African mango](#) (*Irvingia gabonensis*), also known as wild mango, bush mango, dika, and ogbono, is a tree found in the rainforests of West Africa. African mango owes its name to its similarity to mangoes [\[R\]](#).

All parts of the African mango tree are used for a variety of purposes [\[R\]](#):

- The pulp is consumed as food or used to make jams, juice, and wine
- The seeds are eaten raw or used to prepare foods and supplements
- The roots, bark, leaves, and seeds are used to make traditional medicines

How it helps

African Mango Seed Extract helps reduce waist circumference by influencing fat metabolism and storage, particularly in the abdominal area. Studies have shown that it may significantly decrease body weight, body fat, and waist circumference when taken consistently.

18



Green Tea Extract

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a green tea extract supplement containing 250-500 mg of EGCG (the active compound in green tea) daily, preferably with a meal to enhance absorption. This dosage is typically split into two separate doses, taken in the morning and later in the day. Continue this regimen for at least three months to observe potential health benefits.

TYPICAL STARTING DOSE

250 mg

Description

Green tea extract is a concentrated form of the beneficial compounds found in green tea, such as catechins. It is used in dietary supplements for its potential to enhance metabolism, aid in weight management, and provide antioxidant protection.

[Green tea](#) is made from the same plant as black tea (*Camellia sinensis*). However, the leaves and buds are processed differently [\[R\]](#).

Green tea contains **catechins**. These are antioxidants that help prevent [oxidative stress](#) [\[R\]](#).

EGCG is the main catechin found in green tea. It may help reduce inflammation and support weight loss [\[R\]](#).

How it helps

Green Tea Extract, rich in antioxidants such as EGCG, promotes fat oxidation and may increase metabolic rate. Research suggests it can specifically target abdominal fat, contributing to reduced waist circumference when combined with diet and exercise.

Remember, your genes only tell one important part of your health story!

Now that you've seen your DNA-based results for this health topic, let's take a look at other contributing factors.

Your lab results are impacted by the combined effect of your genes, environment and lifestyle.

Lab tests will give you the best picture of your current health status, while your genes provide insight into your health predispositions and which recommendations are best for you.

