

Get a DNAFit body for summer

Trying to get a perfect beach body but found your diet or exercise routine isn't working?

IT COULD BE the food you're eating or the workout you're following isn't right for your body.

A Stanford University study of 101 women found those on a diet matched to their genes lost 2.5 times more weight than other dieters. That's why DNAFit has launched the world's first bespoke diet and fitness plans based on your genetic profile.

DNAFit screens up to 20 genes linked to weight, exercise and your ability to recover.

Discover the right diet for you

With DNAFit Diet, we test for FTO (the so-called 'Fat Gene') and you'll discover what foods will help you lose weight — whether it's a low-carb diet, a low-fat one or Mediterranean type diet of seafood, fresh fruit and vegetables.

Using DNAFit Gym you'll receive a personal 12 week training plan tailored to your genes. It will reveal if you are more suited to power training, like sprints and weights, or endurance workouts, such as treadmill running and other heavier cardio routines.

And if you want to improve your performance as a runner or cyclist you can try DNAFit Run or DNAFit Cycle. Celebrity trainer Matt Roberts says: "It's clear to me

that understanding your DNA will form the bedrock of training in the future, whether your goal is to lose weight, perform better or prevent injury."

Molecular biologist Dr Daniel Meyersfeld, who oversaw DNAFit's development, adds: "The beauty is it's not a one-size-fits-all approach. Each plan matches a person's individual ability to cope with diet and exercise."

Lucy Collins spent several hours a week doing gruelling workouts on cardio machines she hated and that delivered no results. She tried DNAFit Gym and found she was 95% suited to 'Power' exercise. Now she trains with weights and sprints.

Lucy says: "Taking the DNAFit test has been a real eye-opener. I feel so much better and I actually enjoy going to the gym now. My new routine feels more natural, it's so much easier and I spend less time working out!"

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The DNAFit range is on special offer from just £179 at www.dnafit.com