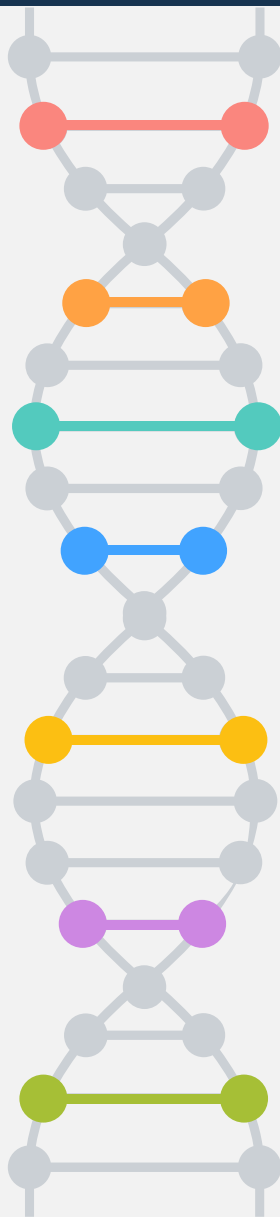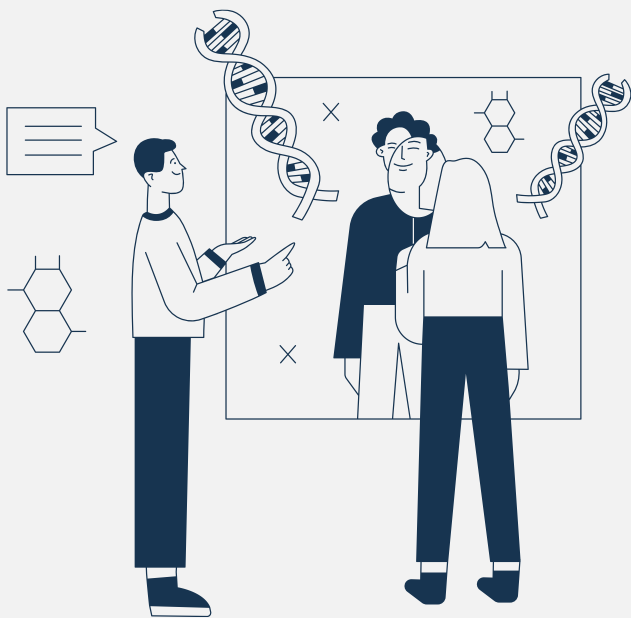# Newtopia Behavior Genetics

For actionable recommendations and micro personalization

newtopia

Understanding your **genetics** allows for highly personalized **actionable recommendations** and **habit change** around nutrition, activity and stress management.

Body Fat Gene (FTO) Determines how body breaks down fat
How easily do you gain weight?

Eating Behavior Gene (DRD2) Regulates dopamine
Do you eat when you're stressed?

Appetite Gene (MC4R) Regulates how quickly someone feels full
Do you eat until you're too full?

Clock Gene Regulates circadian rhythm
Are you sleeping enough?

Exercise Gene (CADM2) Speaks to your motivation to exercise
What keeps you engaged in regular exercise?

Resilience to Stress Gene (BDNF) Suppresses appetite & promotes energy
Does exercise help you manage your stress?

Caffeine Gene (CYP1A2) Determines how quickly we metabolize caffeine
Is caffeine impacting your sleep, stress or anxiety levels?