

# Why Genes

The genes that make up our DNA are the building blocks of life. They provide the instructions to build all the proteins that make our body function. We inherit a set of genes from each parent, which come together to create you.

## Newtopia Genetics Looks at Three Genes That Affect Weight

Studying these three genes will help us make the best recommendations for participants as it relates to:



Diet



Activity



Behavior Change

A personalized program is created for participants based on genes, as well as:



Personality Type



Age



Gender



BMI

## The Test

A genetic testing kit will be sent to participants as soon as they have had their Welcome Call. The kit includes a test tube that will be filled with a sample of saliva. The postage is already pre-paid and the return package is labelled.

## The Results

Only the participant's Inspirator will receive the results to review and prepare a genetic reveal. They will use the information to customize their participant's program to ensure recommendations are personalized.

Newtopia never shares results with employers or insurance providers.

# Why Genes

Newtopia is only interested in the three genes that would directly impact a participant's ability to gain or lose weight.



## The Appetite Gene

What does it do?

Regulates how quickly you feel full after eating

What can you do?

- Eat slowly to give your brain time to catch up to your body
- Control portion sizes
- Drink more water



## The Body Fat Gene

What does it do?

- Determines how your body breaks down fat
- Responsible for how easily you gain or lose weight

What can you do?

- Eliminate sugar and excess carbs
- Increase healthy fats and proteins
- Exercise regularly, and switch up routines
- Eat small meals regularly throughout the day



## The Cravings Gene

What does it do?

Regulates dopamine, which reduces stress-related cravings for unhealthy foods

What can you do?

- Choose foods with less salt and sugar to stop cravings long-term
- Find a different coping mechanism for stress (e.g. meditate, go for a walk, etc.)