



FITNESS  
IS IN  
YOUR  
GENES™

## CASE STUDY

ANNA  
HOLIDAY

# ANNA'S STORY

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Anna has been a personal training client for over two years, before deciding to do the Bodyshot Performance™ test to see what other gains she could make by understanding her genetic makeup. Her story is a powerful illustration of how you can alter your mindset by knowing more about how your built. This is her story.

## BACKGROUND

In my mid 30's and single, I was going to the gym regularly and enjoying cycling and walking holidays. I was consciously controlling how much I ate and I'd almost shaken off the memory of being a somewhat unfit teenager with a tendency to carrying extra weight. Then came romance and the pleasures of cooking and fine dining with my new partner.

### Jump forward to 2013

I'm 41, have two young daughters and am struggling to find the time for exercise between my job and busy home-life. Inspired by a work colleague's achievement in running a half marathon, I joined a beginners running course and made some new friends who helped me to keep up my running

even when the weather was less than inspiring. It was through one of these friends that I was introduced to Bodyshot, and I would say that it's down to both them and my husband's encouragement that regular exercise has become a core component of my life.

### Looking for another level

To start with, my weekly PT sessions were focused on a goal of running a 10K race but then the focus shifted towards strengthening and conditioning my core. By the time I did



# THIS HAS ENTIRELY CHANGED MY MENTAL SELF-IMAGE



the Bodyshot Performance™ test, I was training twice weekly with Bodyshot, and feeling pretty satisfied with the progress that I had already made, but I wanted to move it up a gear and find out if I was capable of achieving more physically challenging goals.

## Curious but sceptical

When I first heard about the tests, I was curious but sceptical. If I'm honest, I decided to do them because I felt there could be a psychological gain to be had - some hard data that I couldn't dismiss or ignore, and which could help me get rid of nagging self-doubt, and banish the little devil on my shoulder that would try to trip me up.

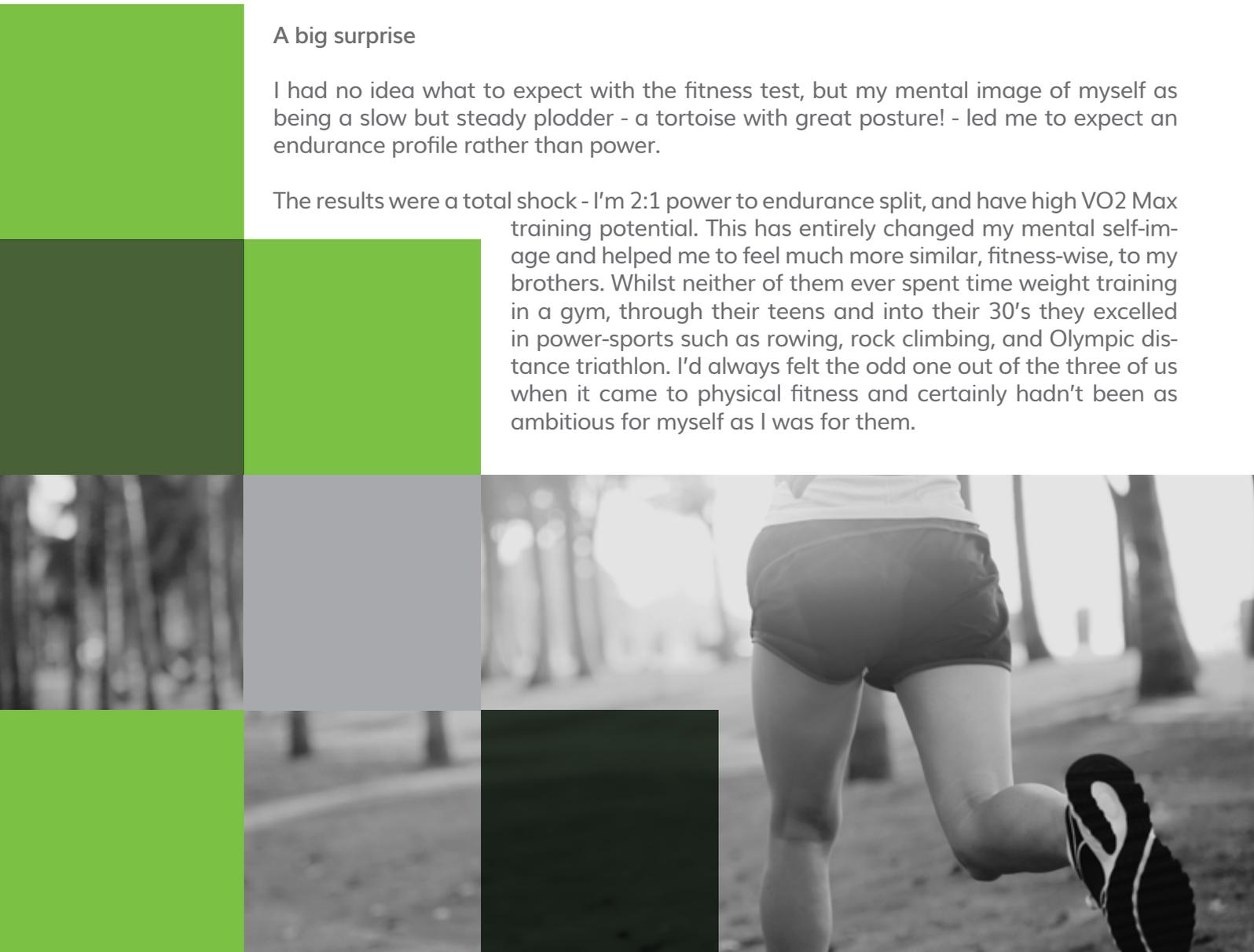
## High sensitive to carbohydrates

I did the Bodyshot Performance™ Plus test, and I discovered I was highly sensitive to carbohydrates, and was therefore recommend to go on a low carbohydrate program. (This in fact confirmed what I already knew from having successfully lost my baby-weight by following an Atkins-type diet). Having that confirmation would really firm my resolve to make the changes to my diet lasting and lifelong, not just a temporary solution to shifting a few kilos.

## A big surprise

I had no idea what to expect with the fitness test, but my mental image of myself as being a slow but steady plodder - a tortoise with great posture! - led me to expect an endurance profile rather than power.

The results were a total shock - I'm 2:1 power to endurance split, and have high VO2 Max training potential. This has entirely changed my mental self-image and helped me to feel much more similar, fitness-wise, to my brothers. Whilst neither of them ever spent time weight training in a gym, through their teens and into their 30's they excelled in power-sports such as rowing, rock climbing, and Olympic distance triathlon. I'd always felt the odd one out of the three of us when it came to physical fitness and certainly hadn't been as ambitious for myself as I was for them.



## Personal empowerment

There was - and still is - something very empowering knowing I have the capacity to see a substantial increase in my fitness and that, if I put in the effort, I would see those increases quickly. Knowing I am not predisposed towards injury and that I have a good recovery profile, is also very positive and encouraging.

My coach took me through both sets of test results and whilst it was up to me to decide what changes to make to my nutrition, they made changes to my training program so that it now plays to my strengths and potential. Hill sprints are now longer and steeper; I've tried - and enjoyed! - track sprinting; HIIT and Tabata feature regularly; as does pre-exhaustion training. The test results have revealed a more competitive and determined streak in me than I was previously aware of: I really go for it when hill-sprinting with my training partner.

## Other surprise benefits

One of the biggest changes to come about since doing the test is rediscovering my love of cycling. But this time I've had the confidence and curiosity to increase the challenge. I've competed in my first triathlon and completed a multi-day endurance event of running, on- and off-road cycling and kayaking in the Scottish Highlands. I've started using a smart power trainer with my bike and already seen an increase in my power threshold after only a few months. Whilst I have it principally for training on my own, it's also brought increased variety to HIIT during my personal sessions.

## Afterthoughts

Following the decision to give up my job, which I took at around the same time as the test, my health and fitness has been in sharp focus. It doesn't feel an indulgence: I feel I'm investing in my future and that of my family. I think much more carefully about our diet and nutrition, and am shifting the balance by having more vegetarian days in the week. My daughters see that it's not just their dad who really challenges himself physically: they see me training regularly, getting stronger and constantly pushing myself. Often they are inspired to join in!

My goals for next year include a middle-distance triathlon and running a marathon. I know they will test me to my physical and psychological limits but having the knowledge about my genes will keep me focused on realising my genetic potential to a greater extent than I have ever before in my life.

If you're interested in talking to Bodyshot about how we can help you, please get in touch with Leanne on 07401 441 818 or send an email to [info@bodyshotperformance.com](mailto:info@bodyshotperformance.com).



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