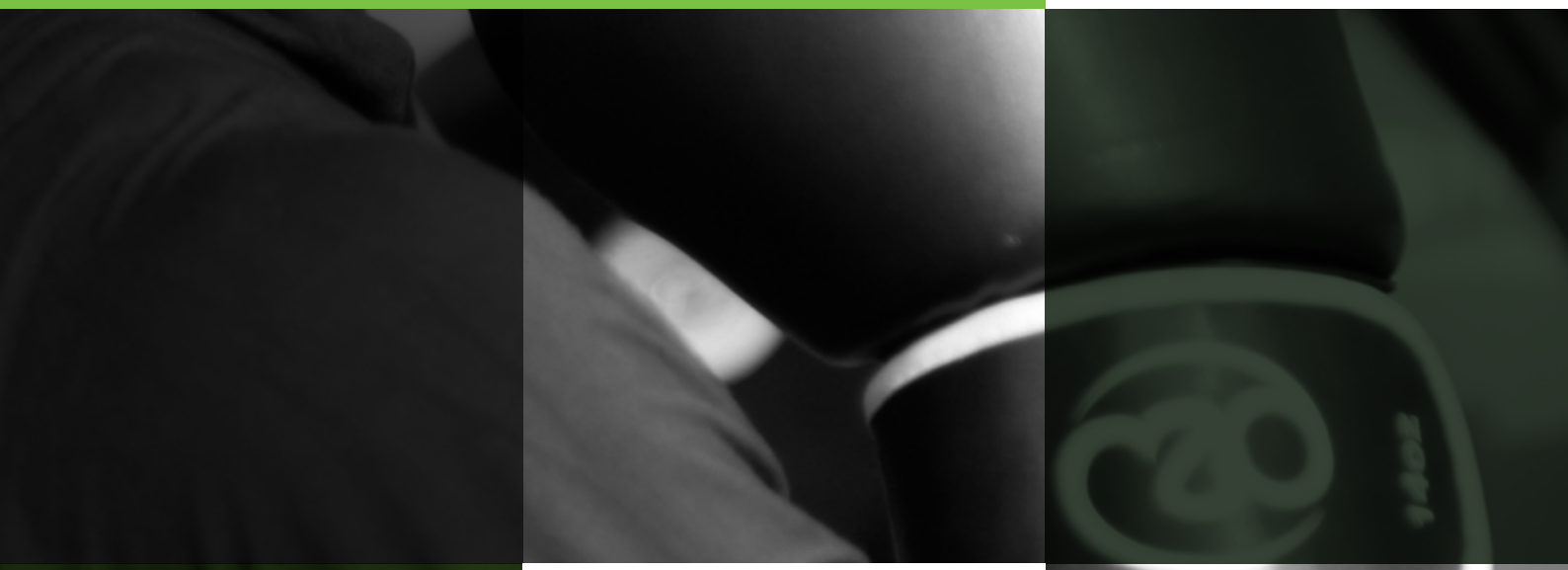
BODYSHOT PERFORMANCE™

FITNESS IS IN YOUR GENES™



CASE STUDY

CATH BISHOP

OLYMPIAN

MEET CATH,

an Olympian who rowed for the GB Olympic rowing team at 3 Olympic Games - Atlanta, Sydney and Athens - winning World Championship Gold in 2003 and Olympic silver in Athens 2004. She was then a diplomat working for the Foreign Office for 12 years, and recently left to set up her own business working freelance as a leadership speaker and consultant. She retired from rowing a decade ago, and understands a lot about fitness and nutrition, but with the dual pressures of working and family was keen to see if there were some ways in which she could improve her lifestyle and increase her energy levels now that she no longer has the luxury of training full-time as an Olympic athlete. Cath knew from her time as an athlete that there were certain individual characteristics of what food worked for her, but had never had them clearly or scientifically presented until now.

AN OLYMPIAN'S PERSPECTIVE

I was really interested and curious to learn about what the DNAFit test would be able to show me, particularly on the diet side, as soon as Leanne told me about the Bodyshot Performance™ service. Having been an Olympic rower for 10 years, I had developed quite a lot of knowledge and experience about fitness and diet but there has always been an absence of clarity or certainty and what felt like too much guesswork about how to find the right diet and to make it individually right for me. I retired from elite level sport over 10 years ago, and have been aware recently that my busy life juggling work and young children was getting the better of me, and I needed to take a step back and look at my lifestyle and in particular my diet.

Suspicions confirmed?

I knew that I had a sensitivity to carbohydrates, as when rowing in the Olympic team, I struggled to lose weight and felt sluggish despite eating similar quantities of carbohydrates to other athletes or often less – clearly my body was processing carbs in a different way to others. But this conclusion took a long time to reach, and seemed largely based on my guesswork and still lacked clarity over what foods were best for me and how my body was responding to different elements

in my diet. So I was really keen to see whether the DNA test would bear out my hunches and guessed conclusions, and how it might help me to find out more about how to improve my diet. Finding out that I am sensitive to carbohydrates through the DNA test confirmed something I had worked out yet never had confirmed in this way, and finding out that I am highly gluten sensitive as well makes a lot of sense and adds a lot of pieces into the jigsaw of what the right diet for me is.

Making dietary changes with surprising results

I immediately switched to a (close to) gluten-free diet (it's in so many things!) and within a few days felt a lightness around my middle, an absence of bloating, and improved bowel movements. At least there are a lot more gluten-free products available and better labelling now to help! I am not good at dieting, and have specifically made the change in the first place without aiming to cut down on foods, just to change the foods I eat – but I know I can tighten my belt another notch within a couple of weeks, and I am not actually finding it that difficult at all to keep to as I instinctively don't like the gluten-rich foods once I stop and think about it and 'listen to my body'.

Interpreting the fitness results

As I think there was a lot more sports science about my fitness levels and physiological performance capability as an elite athlete, the fitness side has probably offered me less new information. In some aspects, such as recovery from injury, recovery from training generally and ability to improve VO2 max, I didn't seem to score 'highly' in the results but these issues are relative to so many other factors – and in the Olympic training environment, we had a good regime for stretching, physiotherapy and managing this side of things very carefully, which presumably enabled me to have a good record on recovery and few injuries. With regard to VO2 max improvement, the results can be about how long it takes to get an improvement – and despite scoring low on this, as a full-time athlete training 3 times a day over many years, I was still able to improve my VO2 max to an extremely high level – so it's important to understand that these aren't absolutes, but can be about how long things take, and not overall ability.

Working with Bodyshot

Talking through the results with Leanne at Bodyshot was incredibly useful to help me put the results in perspective, and most importantly, start translating them into practical changes that will fit into everyday life. Leanne works closely with Craig Pickering at DNAFit, so when I had questions, particularly with regard to the fitness results, they both took time to look into these and explain in further detail what these tests are showing (and what they don't show!) This reminded me of the importance of having experts on hand to interpret results like this, and not jumping to any conclusions!

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