

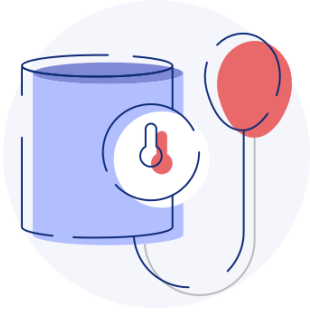
[← Back to Traits](#)

# Body & Athleticism

Learn about how your DNA impacts your body and athleticism.

## Your Results

NEW



### Blood Pressure

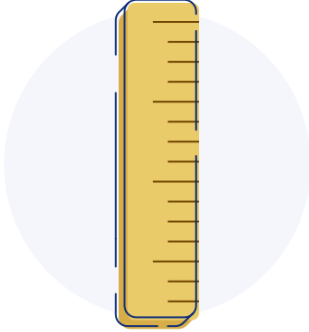
Gene	Variant
AGT	rs699

**You may have an increased risk of high blood pressure.**

High blood pressure over time (called hypertension) can lead to serious health problems. While genetics can predispose us to hypertension, many lifestyle factors and medications can help people keep their blood pressure under control.

Learn more

NEW



### Height


Gene	Variant
HMGA2	rs1042725

**You are more likely to be taller than average**

Adult height is highly variable and due to inherited combinations of many different genetic factors.

Learn more

NEW




### Jimmy Legs

Gene	Variant
BTBD9	rs3923809

**You have a significantly increased chance of developing periodic leg movements in sleep.**

Periodic limb movements in sleep are a common sleep disturbance and in some cases may be part of a diagnosis of restless leg syndrome.

NEW



### Longevity

Gene	Variant
FOXO3	rs2764264

**You may have greater than average longevity**

Genetic differences, combined with many lifestyle and environmental factors, may influence how long we live.

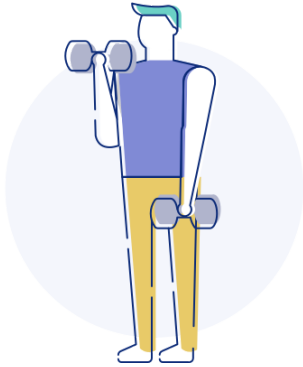
https://portal.nebula.org/reporting/traits/body-and-athleticism

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[Learn more](#)

[Learn more](#)

NEW



Muscle Strength

Gene: CNTF  
Variant: rs1800169

**You are likely to have average muscle strength.**

Have you ever had a friend who just seems to make quicker progress in the gym? Have you ever wondered why? Well, it turns out our genetics can influence how well our muscles respond to strength training.

[Learn more](#)

NEW



Muscle Volume

Gene: IL15RA  
Variant: rs2228059

**You are likely to have typical muscle volume.**

Whatever your genetics may indicate, getting swole is always a good goal! That being said, studies show that your genes can impact how big those muscles get.

[Learn more](#)

NEW



Nearsightedness

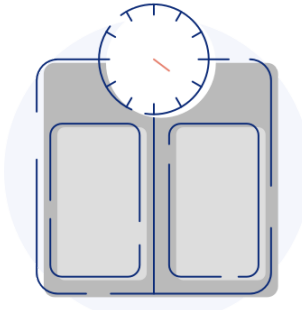
Gene: Intergenic  
Variant: rs560766, rs10034228

**You have an increased chance of being nearsighted.**

When someone can see clearly up close but has difficulty seeing objects farther away, they are said to be nearsighted. This is caused by how certain parts of the eye grow and develop and has been linked to some genetic predispositions.

[Learn more](#)

NEW



Obesity

Gene: ADRB2, ADIPOQ  
Variant: rs1042714, rs17300539

**You have an average chance of obesity.**

Obesity is a complex health trait involving lifestyle, environmental, and genetic factors. Though diet and exercise can impact obesity, some people may have genetic predispositions to developing obesity.

[Learn more](#)

NEW



Physical Conditioning

Gene  
PPARD

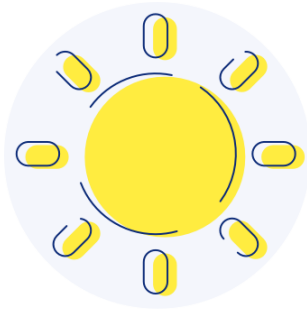
Variant  
rs2267668

Your genotype has been associated with increased responsiveness to physical training.

The genes that regulate how our bodies create and manage energy is highly complex. Some genetic factors have been associated with a better responses to physical training.

Learn more

NEW



Skin Sensitivity

Gene  
MC1R

Variant  
rs1393350

Your skin is likely to be more sensitive to sunlight.

The sensitivity of skin to sunlight is determined by the quantity of the pigment melanin. Reduced production of melanin means a higher risk of sunburns.

Learn more

NEW



Sleep Depth

Gene  
ADA

Variant  
rs73598374

You are more likely to experience an average depth of sleep.

What makes some people heavier sleepers than others may, in part, be due to the amount and quality of slow brain waves that occur during the sleep cycle.

Learn more

Other Categories

NEW

NEW



Appearance and Hormones

Learn about how your DNA impacts your appearance and hormones.

[View Category](#)



Behavior & Perception

Learn about how your DNA impacts your behavior and perception.

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NEW



Nutrition & Diet

Learn about how your DNA impacts your nutrition and diet.

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