



East Cobb
COUNSELING
at the Anada Group

Stronger. Faster. More Focused Student Athletes.



Cellular Health

Body Health

Diet & Energy

Activity & Sport

Nutrients

A Genetic Edge is a Cheek Swab Away!

With a **3X4 Genetic Blueprint Test**, you will learn how DNA influences:

- Strength, power & endurance
- Recovery speed & sleep quality
- Focus, clarity & mood regulation
- Injury risk & inflammation response
- Nutritional needs for performance

Discover More!



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Live well. Stay awesome.



Coach Laurel
3x4 Genetic Practitioner