**Supplement 4**

|  |  |  |
| --- | --- | --- |
| **Class Number** | **Class Topic** | **Modifications for Genetic Testing Intervention Groups1** |
| 1 | General Overview of Nutrition and Physical Activity Targets2 | * Genetic information and recommendations provided to participants |
| 2 | Welcome to the Group Lifestyle Balance™ Program3 | * The physical activity goal was verbally modified whereby participants were asked to refer to their personalized physical activity goals from their genetic report. |
| 3 | Be a Calorie Detective | * Any reference made to counting fat grams was verbally modified. Participants were reminded about how response to different diets for weight loss differ from person to person. Based on their personalized genetic report, participants were advised and taught how to count a nutrient that would benefit their personal weight loss (i.e. some counted protein, others counted saturated fat, and/or total fat, etc). * The calorie goals remained the same, but participants with the “diminished” result in their genetic report for calories were advised to be especially mindful of meeting their calorie goal, and were advised to aim for a 650 kcal deficit to lose 1 lb per week. |
| 4 | Healthy Eating | * When reference was made to a nutrient included in the genetic report, participants were instructed to refer back to their genetic report to recall how this nutrient might be particularly important to them. The information in the genetic reports was then reviewed. |
| 5 | Move Those Muscles | * The physical activity goal was verbally modified whereby participants were asked to refer to their personalized physical activity goals from their genetic report. * Genetic predisposition to excel in endurance and/or strengthening activities (outlined in the genetic report) was reviewed. |
| 6 | Tip the Calorie Balance | * For the daily calorie deficit for weight loss, participants were advised to refer to their genetic report to determine if they should aim for a 500 kcal deficit/day or a 650 kcal deficit/day. * When reference was made to a nutrient included in the genetic report, participants were instructed to refer back to their genetic report to recall how this nutrient might be particularly important to them. The information in the genetic reports was then reviewed. |
| 7 | Take Charge of What’s Around You | * No1 modifications were made. Some participants discussed components of their genetic report. |
| 8 | Problem Solving | * No1 modifications were made. Some participants discussed components of their genetic report. |
| 9 | Step Up Your Physical Activity Plan | * The physical activity goal was verbally modified whereby participants were asked to refer to their personalized physical activity goals from their genetic report. * Genetic predisposition to excel in endurance and/or strengthening activities (outlined in the genetic report) was reviewed. * Participants with the “enhanced” weight loss response to physical activity (from the genetic report), were advised to continue working up to 30-60 mins/day, 6 days/week of moderate intensity physical activity. |
| 10 | Manage Slips & Self-Defeating Thoughts | * The step goal was verbally modified for individuals with the “enhanced” weight loss response to physical activity; these individuals were advised to aim for 10,000 steps/day. * When reference was made to a nutrient included in the genetic report, participants were instructed to refer back to their genetic report to recall how this nutrient might be particularly important to them. The information in the genetic reports was then reviewed. |
| 11 | Four Keys to Healthy Eating Out | * No1 modifications were made. Some participants discussed components of their genetic report. |
| 12 | Make Social Cues Work for You | * No1 modifications were made. Some participants discussed components of their genetic report. |
| 13 | Ways to Stay Motivated | * The physical activity goal was verbally modified whereby participants were asked to refer to their personalized physical activity goals from their genetic report. * The step goal was verbally modified for individuals with the “enhanced” weight loss response to physical activity; these individuals were advised to aim for 10,000 steps/day. |
| 14 | Strengthen Your Physical Activity Plan | * The physical activity goal was verbally modified whereby participants were asked to refer to their personalized physical activity goals from their genetic report. * The step goal was verbally modified for individuals with the “enhanced” weight loss response to physical activity; these individuals were advised to aim for 10,000 steps/day. Genetic predisposition to excel in endurance and/or strengthening activities (outlined in the genetic report) was reviewed. |
| 15 | Take Charge of Your Lifestyle | * Reference made to fat grams was verbally modified. Participants were reminded about how response to different diets for weight loss differ from person to person. Based on their personalized genetic report, participants were advised to count a nutrient that would benefit their personal weight loss (i.e. some counted protein, others counted saturated fat, and/or total fat, etc). |
| 16 | Mindful Eating, Mindful Movement | * No1 modifications were made. Some participants discussed components of their genetic report. |
| 17 | Manage Your Stress | * No1 modifications were made. Some participants discussed components of their genetic report. |
| 18 | Sit Less for Your Health | * No1 modifications were made. Some participants discussed components of their genetic report. |
| 19 | More Volume, Fewer Calories | * When reference was made to a nutrient included in the genetic report, participants were instructed to refer back to their genetic report to recall how this nutrient might be particularly important to them. The information in the genetic reports was then reviewed. |
| 20 | Stay Active | * No1 modifications were made. Some participants discussed components of their genetic report. |
| 21 | Balance Your Thoughts | * No1 modifications were made. Some participants discussed components of their genetic report. |
| 22 | Heart Health | * When reference was made to a nutrient included in the genetic report, participants were instructed to refer back to their genetic report to recall how this nutrient might be particularly important to them. The information in the genetic reports was then reviewed. * The physical activity goal was verbally modified whereby participants were asked to refer to their personalized physical activity goals from their genetic report. * The step goal was verbally modified for individuals with the “enhanced” weight loss response to physical activity; these individuals were advised to aim for 10,000 steps/day. Genetic predisposition to excel in endurance and/or strengthening activities (outlined in the genetic report) was reviewed. |
| 23 | Look Back & Look Forward | * The physical activity goal was verbally modified whereby participants were asked to refer to their personalized physical activity goals from their genetic report. * The step goal was verbally modified for individuals with the “enhanced” weight loss response to physical activity; these individuals were advised to aim for 10,000 steps/day. Genetic predisposition to excel in endurance and/or strengthening activities (outlined in the genetic report) was reviewed. |