

## Can genetic tests help you build a better workout?

Do we really need a test to tell us whether our genes are sabotaging our efforts to get fit?

A burgeoning industry is being built on the promise that genetic tests can predict how individuals are likely to respond to exercise and at which types of physical activity they may do best, an alluring concept for those who have struggled to get fit for years and never seem to see the same results as others.

**View the original article here: [Can genetic tests help you build a better workout? – Globe and Mail](#)**