

Genetic test to tell your athletic potential: Would you take it?

[As reported](#) by the *New York Times*, in a [landmark 2010 study](#) scientists looked for a genetic answer to the question of why some people respond to endurance exercise so well and others don't. "Some lucky men and women take up jogging, for example, and quickly become much more aerobically fit. Others complete the same program and develop little if any additional endurance." The researchers examined the muscle tissue of "several groups of volunteers who had completed 6 to 20 weeks of endurance training. They found that about 30 variations in how genes were expressed had a significant effect on how fit people became." Eventually they found certain patterns of genetic material that indicated someone would be a "low responder" to aerobic exercise and – naturally – developed a test so people can find out for sure whether or not they (or their kid) is the next Lance Armstrong.

View the original article here: [There's Now a Genetic Test to Tell Your Athletic Potential: Would ...](#)