

The genetics of healthy living

The following is an edited excerpt.

Have you ever noticed that some people struggle to lose weight while others seem to have no trouble maintaining a healthy body weight? Why is it that some people lack the motivation to exercise while others are can't seem to stop moving?

The traditional answer is that some people lack willpower which makes it more difficult for them to make healthier eating and activity choices. While motivation and effort are essential for making healthy choices, genetic research has resulted in the identification of a host of genes that appear to affect physical activity and eating habits, food preferences and responses to a diet or exercise program.

View the original article here: [Genetics and healthy living](#)