

Company to offer workouts tailored to your genetics

Over the years, I've taken a quasi-scientific approach to fitness, trying a variety of exercise and nutrition regimens and analyzing the results. But I've longed for a more definitive approach than my patchwork of research and experiments.

Genetrainer, a British startup in the emerging field of fitness genomics, promises to deliver something like that: workouts customized to your personal genetic makeup.

Here's the basic science behind Genetrainer: Researchers have analyzed the human genome and found variations, known as single-nucleotide polymorphisms, or SNPs, related to various conditions and tendencies. In recent years, they've discovered several genetic markers related to body mass, exercise response, and nutrition.

Read the full, original story: [You Can't Change Your Genes, But Your Genes May Change Your Workouts](#)