

Study treats each person as his or her own experiment

What if we based decisions to exercise more, eat healthier or make other lifestyle changes to maintain our health on data about our personal genome and information about major organs and biological systems? Could we more effectively prevent chronic diseases?

A pilot project being launched next month by the Institute for Systems Biology in Seattle aims to answer this question. The Hundred Person Wellness Project will sequence the entire genome of 100 healthy people upon enrollment and then collect data on key health metrics at daily and three-month intervals for a total of nine months. Throughout, participants will have access to their personal data points and work with wellness coaches, as well as their own doctors, to use the information to make adjustments to their medical treatments or health behaviors.

Read the full, original story: [An experiment that “treats each person as his or her own experiment”](#)