

Genetics-based fitness plans may loom in far future

The GLP aggregated and excerpted this blog/article to reflect the diversity of news, opinion and analysis.

The pitch is tough to ignore: spit in a tube, send it off to a lab, and two to four weeks later you'll receive a fitness or nutrition report tailored to your genetics.

The appeal is obvious, but experts say that we may be decades away from truly understanding how genetics affects performance, calling current offerings slick marketing rather than sound services.

Genetics are deeply complicated—and that's the problem.

"Any layperson with no science background can appreciate the fact that our bodies are super complex, and that no one gene can control anything," says [Dr. Mark Sarzynski](#), an assistant professor of exercise science at the University of South Carolina.

Read full, original post: The Problem with Genetics-Based Training