

Motivation to exercise may depend on your genes

At one point or another, we've all wondered: *What makes some of us gym rats and some of us couch potatoes?*

...

New research presented at an exercise research meeting of the American Physiological Society held in Phoenix, Ariz., suggests our genes may influence how much we enjoy exercise.

Working out can boost dopamine levels in the brain, improving mood and long-term memory [and stimulating] pleasurable feelings...However, many people do not get this pleasurable sensation because their genes interfere with the release of dopamine.

"Variation in genes for dopamine receptors, as well as some other neural signaling genes, help explain why about 25 percent of the participants drop out of exercise or don't exercise at the recommended amount," said Rodney Dishman,...a professor of kinesiology at the University of Georgia....

...

This doesn't mean we're doomed if we're genetically predisposed to hate exercise. We can choose to be active; in other words, we can rewire our brain to make exercise a pleasurable and fulfilling experience.

The GLP aggregated and excerpted this blog/article to reflect the diversity of news, opinion, and analysis. Read full, original post: [Hate Working Out? Blame Genes For Your Lack Of Motivation; How To Overcome It](#)