

Want a better workout? Company says DNA profiling could help, but scientists skeptical

[Genetic information] is being harnessed to help both athletes and the average Joe achieve their fitness potentials.

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[H]ealth firm DNAFit rolled out its Elevate software, which enables clients to access workouts built around their genetic coding on their smartphones and other devices.

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As well as determining whether a person is particularly sensitive and prone to putting on weight after eating certain food groups, DNA markers can pinpoint if a person is more predisposed to training for endurance – such as cycling or running – or power – including weight lifting, high intensity resistance training and sprinting. Even details like the number of reps per exercise and recovery times are said to be lurking in our DNA.

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However, skeptics aren't so convinced. Focusing on 45 of the 10 million gene variants in the human body, as such tests do, gives only a small glimpse into our genetic profiles.

"If you want to know how good someone is likely to be at sport, you'll probably get a better idea by looking at them and their body shape," Mark Thomas, professor of evolutionary genetics at University College London....

The GLP aggregated and excerpted this blog/article to reflect the diversity of news, opinion, and analysis. Read full, original post: [How your DNA can reveal the perfect workout](#)