

Hate hitting the gym? Your 'laziness' might just be genetic

For some, the hardest part of hitting the gym is lacing up their shoes. But for others, it's the actual exercise that makes working out so excruciating. The labored breathing, sore muscles, and sweat dripping into your eyes can be a high or just one step above torture depending on which type of person you are. A new study aimed to determine what accounts for these differences, and it turns out your genetics might be to blame for how much you dread going for a run.

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The [subjects] completed assessments while exercising, answering how they felt while working out, how much effort they put in, and whether they were energetic, lively, jittery or tense.

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Then, scientists looked at the data to determine whether identical twins, who also have [identical genes](#), had similar responses to exercising compared to fraternal twins and non-twin siblings. [...] They concluded that genetics could account for up to [37 percent of the differences](#) in the way people experienced exercise.

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While this new research indicates that some may not be born to love fitness, there's no denying that we should still do it. Aside from helping maintain weight, working out can lift your mood, reduce stress and anxiety, strengthen bones and and reduce risk of certain diseases.

The GLP aggregated and excerpted this blog/article to reflect the diversity of news, opinion, and analysis. Read full, original post: [Genetics, Not Laziness, Might Be Why You Hate Exercising](#)