

Healthy Habits

from Prime of Life Fitness

New Study Shows Walking Trumps "Fat Genes"

It's tempting to blame our excess pounds on the genes we inherited from our parents, but researchers at the Harvard School of Public Health have just shot that excuse full of holes. In a study presented at the American Heart Association's Epidemiology and Prevention/Nutrition, Physical Activity and Metabolism 2012 Scientific Sessions, researchers found that "In our study, a brisk one-hour daily walk reduced the genetic influence towards obesity, measured by differences in BMI by half. On the other hand, a sedentary lifestyle marked by watching television four hours a day increased the genetic influence by 50 percent."

So even if you did inherit a genetic tendency to pack on extra pounds, you still have a lot of control over whether and to what degree those genes get expressed. Stand up from the couch, push away from the computer, and walk about four miles a day to reduce those genes' effect on your weight.

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