

# Is Your DNA Stopping You From Getting Fit?



You've hit the gym three times a week for two months, but haven't lost so much as 1lb. Apparently, 20% of people are "low responders" to aerobic

exercise, so celebrity trainer Matt Roberts has launched DNAFit. It's a test that costs £149 and involves taking a swab from your cheek to find out which exercises suit your genes. DNA-tailored exercise – would you try it?