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Many people dislike exercising, which seems evolutionarily like a disadvantage. In a study done by the University of Missouri, which was published by the Journal of Physiology, it was shown that some people are genetically coded to enjoy exercise more than others. Lab rats were sorted by those who were genetically predetermined to like exercise more and those who were not. The ones who were had developed in a normal environment, where the joined the group of rats who instinctually wanted to work. The ones who did not want to work were ones who generally had gone through adolescence in an abnormal environment. However, after being made to run on treadmills for a fairly long time, the rats who were made to exercise and were not predetermined for exercise started to like to exercise more than their fellow non-exercising rats. It seems that by exercising, even people who don’t like to will come to like it more.

I chose this article because I personally enjoy exercising, but I see how others could find it unenjoyable.

Do you like to exercise?