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Hello again. This is not good news if you're about to tuck into a huge full English. There's no excuses for not losing weight. That's according to a study out today saying people with the so-called 'obesity-gene' can respond just as well to a healthy diet and exercise as those without the gene. To discuss these new findings, we're joined by Dr Hilary. Hilary, solving the obesity crisis is an urgent issue, can we blame our genes if we're overweight? In recent years we have been looking much more at the DNA of people. This can influence behaviours and body shape. Some researchers were thinking that there was a fat gene. Some people carry genes which predispose them to being overweight and make it harder for them to lose weight. This study refutes that. It has looked at 10,000 people and makes an analysis on eight separate clinical trials. It says people this is not true. People with those genes can lose weight through diet, exercise and medicines just as well to other people. All those companies who say we will personalise your weight program based on your DNA. Interestingly, I wonder if the excuse factor was what everyone fell upon as opposed to research. They are not saying the gene made it harder to lose weight, they suggest it made people want to overeat more. Eating too many calories for your requirements, will make you fat. Maybe that team will make you more likely to do that.--gene. People with the People with

People likely to do that.--gene. That People with the FT0 gene are more likely to put on weight more quickly. Having said that, the last couple of hundred years genes have not changed much but obesity has a lot. It is the advertise meant of food, the environment and that is much more important than the genes we are given from birth. Whatever our genes, we can no longer say and makes it difficult for me to lose weight. It is just as easy for everybody no matter what their genes, to lose weight. It is a positive in a way for people who thought they could not lose weight then? It is a positive. We need to fix the environment much more than

anything else. Quickly Dr Hillary, a study on the front of the Times about fitness trackers. I love them in terms of counting my steps, they are hugely important to me. You are already very fit, you have a vested interest in being fit and keeping tabs on that. I would much rather people ran an extra half an hour beyond trying to figure out how to work a machine or calculator. It is good to keep tabs on things though. Gimmicks may help those who are already motivated, but if people think they can buy one and it will

do the job for them, that is not true. There is no quick fix. Where is my chocolate biscuit? Hillary, thank you very much indeed. thank you very much The headlines on Good Morning Britain. Police in riot gear have fired tear gas at several hundred people in the US state of North Carolina. Protests are continuing after officers shot and killed an African-American man. The man accused of planting bombs in New York and New Jersey has been charged with offences including using a weapon of mass destruction. 31 people including a British national were injured. Brad Pitt says he is "very saddened" after Angelina Jolie filed for divorce citing irreconcilable differences. Court papers show she has asked for custody of their six children. Today's weather. Cloudy with sunny spells and a scattering of showers. Windy in Scotland and Northern Ireland. A top temperature of 22 C. Laura will have a full weather forecast in 15 minutes.