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Last week, our daughter and I watched the Boston Marathon from our former office location just past the halfway mark in Wellesley. As we watched the elite runners fly by followed by the next few waves, I thought about the factors that separated the running abilities of these competitors from one another. Sure, some people train harder or smarter, and some are healthier or better rested, but are these really the most significant differences between the amateurs and professionals? The more I thought about it, the more I kept coming back to the topic of this month's feature: genetics.

Thanks,
Jonah

Genetics

My impression is that most people are not aware of or choose to ignore the fact that while environmental factors and behavioral factors do play a role in weight, the main determinant of our weight is our genetics. [Read More](#)



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