

# Obesity Gene and Weight Loss

<https://www.theguardian.com/society/2016/sep/20/obesity-gene-weight-loss-gain-study-diet>

People facing obesity often feel their problem may be a genetic one. While they may suffer from a genetic disorder that causes them to put on weight, it does not limit them from getting rid of it. This study expresses that weight loss strategies work equally well for people who do/do not suffer from this genetic disposition.

There will be a nutrition seminar taught Tuesdays at 10 a.m. and Thursdays at 1 p.m in the AFC Class Room. The class will cover basic nutrition fundamentals and will provide participants with the basic understanding and knowledge they will need to reach their personal goals. Participants can sign up at the Fitness Desk.

-Jay