

# Genetic Weight

Your genes influence not just your weight, but also the impact of different healthy habits.

## Your Wellness Result

Jamie, your genes predispose you to weigh about 9% less than average.

This predisposition doesn't mean you will definitely weigh less than average. Keep in mind that your lifestyle and environment have a big impact on your weight.

### How did we calculate your result?

We determined your result by looking at [DNA variants](#) associated with weight based on our research. Some variants have a stronger effect on weight than others, which our analysis took into account. Because of this, your proportion of higher to lower weight variants may not exactly align with your overall predisposition. Keep in mind that other variants may also affect your weight. [Learn more about how we calculated your result.](#)



#### You have:

- ↓ Variants associated with **lower weight**: 436
- ↑ Variants associated with **higher weight**: 326

### What is average?



For a 61-year-old woman who is 5'4"

The average weight for a woman your age who is 5'4" tall is 157 pounds, based on 23andMe participants of European descent. The ancestry we used for your result is based on the information you provided in your settings. European is used as the default for people of mixed ancestry and for those of ancestries for which we do not yet have enough research participants.

[Update your ethnicity settings](#)



### How does your actual weight compare to your genetic predisposition?

Let us know your height and weight in your health profile for a comparison of your actual weight with your genetic predisposition.

[Update your height or weight](#)

## Healthy Habits for Your Genetics

We looked at 23andMe research participants with a genetic weight predisposition like yours and found certain lifestyle factors that were associated with the biggest weight differences.

These habits made the biggest difference in people with your genetics:

- #### Limiting red meat

Associated with weighing up to **12.1% less**

  - People at a healthy weight ate red meat less than 2 times per week, on average.
  - People who never ate red meat weighed up to 12.1% less than those who ate red meat every day.
- #### Avoiding fast food

Associated with weighing up to **11.3% less**

  - People at a healthy weight ate fast food less than once per week, on average.
  - People who never ate fast food weighed up to 11.3% less than those who ate fast food almost every day or more.
- #### Sleeping a healthy amount

Associated with weighing up to **11.1% less**

  - People at a healthy weight slept 7-8 hours per night, on average.
  - People who slept 8-9 hours per night weighed up to 11.1% less than those who slept less than 5 hours or more than 11 hours per night.
- #### Eating vegetables

Associated with weighing up to **9.4% less**

  - People at a healthy weight ate 2-4 servings of vegetables per day, on average.
  - People who ate more than 7 servings of vegetables per day weighed up to 9.4% less than those who never ate vegetables.
- #### Exercising

Associated with weighing up to **8.9% less**

  - People at a healthy weight exercised 2-3 times per week, on average.
  - People who exercised daily weighed up to 8.9% less than those who exercised less than once a week.

[See more associations](#)

### Important things to keep in mind

These associations were observed in 23andMe research participants of European descent, whose demographics and lifestyles may not be representative of the general population. Our analysis accounted for the effects of age and sex, but other genetic and non-genetic factors may also influence how these habits affect your weight and health.

Our analysis did not include all possible lifestyle factors, and those that were included may not be independent of one another. For example, people who exercise frequently might also tend to have healthy diets. This means that the effect of one habit on your weight may depend in part on your other habits. And don't forget that a healthy lifestyle is important for your overall health, regardless of your weight.



Always consult with a healthcare professional before making any major lifestyle changes. This test does not diagnose any health conditions or provide medical advice.

Keep exploring your Wellness results.



Contribute

Join the research effort and contribute to new discoveries.



Share

Compare your results to your family and friends.



Discuss

Join the discussion with other customers interested in Wellness.