

# Are We Wired to Sit?

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Are we born to be physically lazy?

A [sophisticated if disconcerting new neurological study](#) suggests that we probably are. It finds that even when people know that exercise is desirable and plan to work out, certain electrical signals within their brains may be nudging them toward being sedentary.

The study's authors hope, though, that learning how our minds may undermine our exercise intentions could give us renewed motivation to move.

Exercise physiologists, psychologists and practitioners have long been flummoxed by the difference between people's plans and desires to be physically active and their actual behavior, which usually involves doing the opposite. Few of us exercise regularly, even though we know that it is important for health and well being.

Typically, we blame lack of time, facilities or ability.