

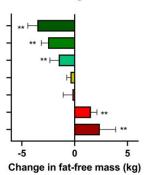
## Weight regained after weight loss results in less muscle, more fat, study finds

December 14 2023, by Joanna Jones



## Weight loss maintenance (N = 61) Weight maintenance, weight loss (N = 120) Weight Loss, weight regain (N = 54) Weight maintenance (reference, N = 804) Weight gain, weight loss (N = 22) Weight maintenance, weight gain (N = 64) Weight gain maintenance (N = 36) \*\* H \*\*

## Fat-free mass change after 24 months



Adjusted change in fat mass and fat-free mass after 24 months. Data adjusted for age, sex, ethnicity, blood pressure medication, lipid-lowering medication, smoking status, treatment allocation, baseline fat mass and baseline fat-free mass. \*p

Citation: Weight regained after weight loss results in less muscle, more fat, study finds (2023, December 14) retrieved 27 April 2024 from <a href="https://medicalxpress.com/news/2023-12-weight-regained-loss-results-muscle.html">https://medicalxpress.com/news/2023-12-weight-regained-loss-results-muscle.html</a>

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