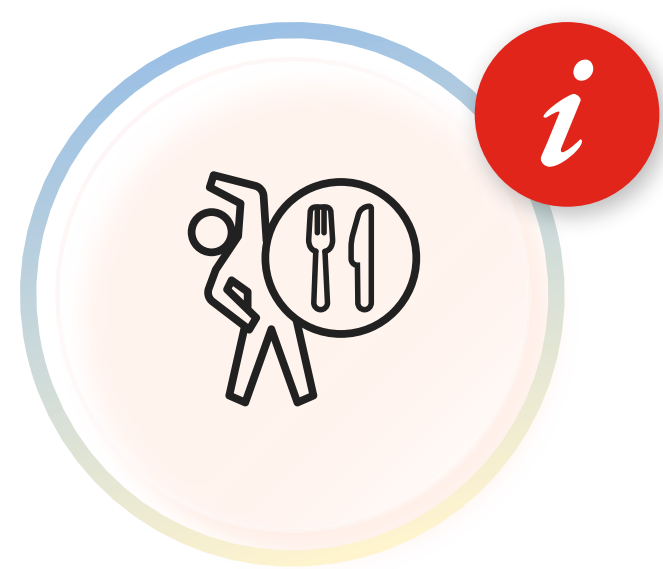


Long-Term Weight Maintenance

Following Active Weight Loss

Successful long-term maintenance of weight loss usually requires¹:



Appropriate nutrition and physical activity

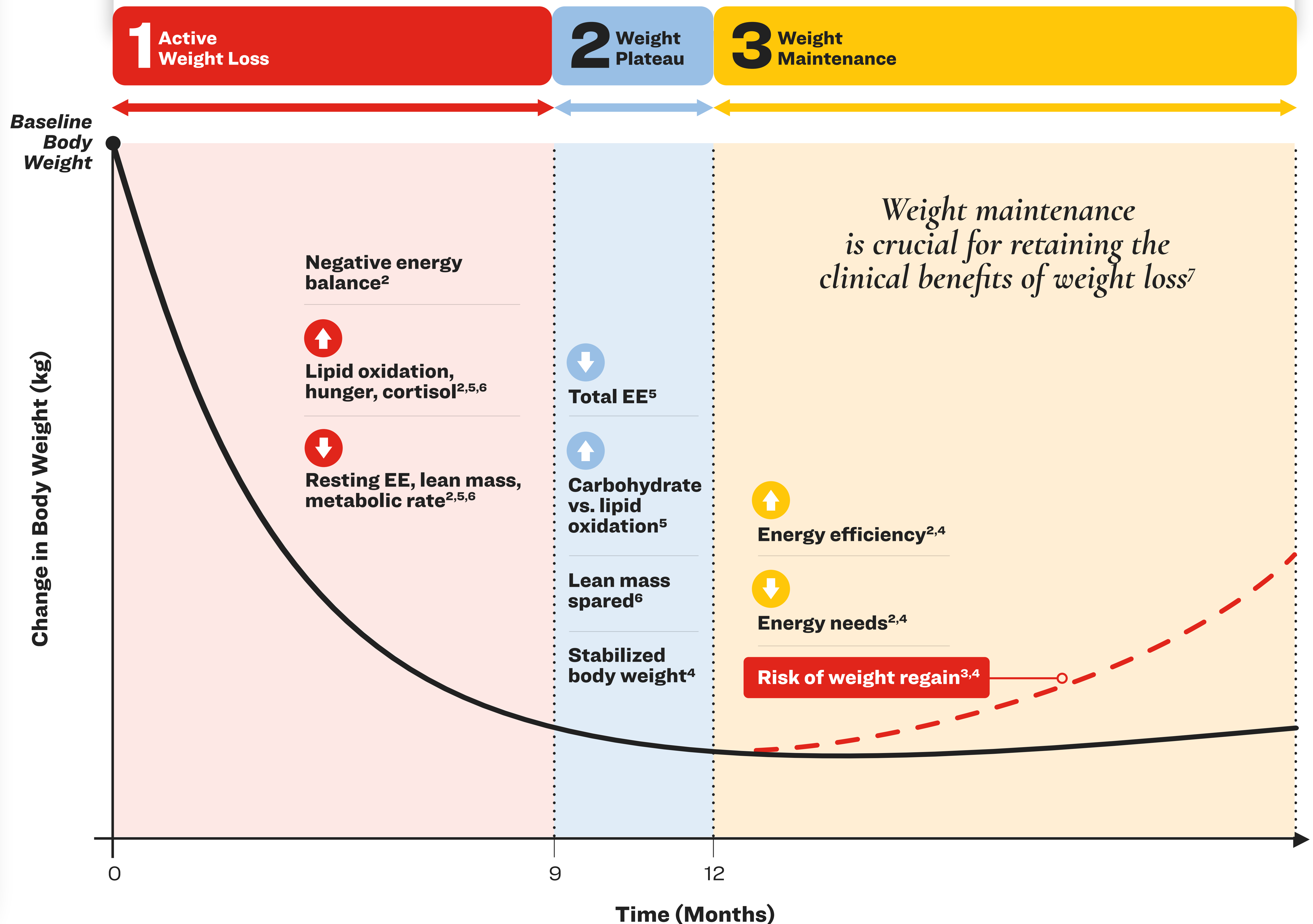


Behavioral modification



Pharmacological interventions

Phases of Weight Loss²⁻⁴



Note: Patterns of weight loss vary between interventions; figure is for illustrative purposes only. EE=Energy Expenditure. 1. Bays H, et al. *Obesity Pillars*. 2022;3:100034. 2. Rosenbaum M, Foster G. *Nat Metab*. 2023;5(8): 1266-1274. 3. Hall KD, Kahan S. *Med Clin North Am*. 2018;102(1):183-197. 4. Aronne LJ, et al. *Obesity (Silver Spring)*. 2021;29(Suppl 1):S9-S24. 5. Greenway FL. *Int J Obes (Lond)*. 2015;39(8):1188-1196. 6. Theodorakis N, et al. *Int J Mol Sci*. 2024;25(24):13438. 7. Nadolsky K, et al. *Endocr Pract*. 2025;31(11):1351-1394. MMAT-03239 05/2026 © 2026 Eli Lilly and Company. All rights reserved.

Appropriate Nutrition and Physical Activity

- Metabolic response is patient-specific; therefore, personalized dietary guidance or “nutritional precision” is an important aspect of successful weight maintenance¹
- General dietary guidance for successful weight maintenance emphasizes the importance of:



Vitamins and minerals: Adequate nutrition, consistent with established dietary guidelines, is associated with maintenance of weight loss^{2,3}



Protein: Sufficient protein intake increases satiety and helps to preserve lean mass, preventing the decline of resting energy expenditure associated with active weight loss³⁻⁵



Hydration: Maintenance of adequate fluid intake supports appetite regulation and overall physiological balance^{3,6,7}



Physical activity should also be advised as medically appropriate, and should include resistance or strength training to increase lean muscle mass^{1,8}



Behavioral Modification



- Behavioral modification addresses patients' psychological and emotional needs, helping them to identify and change detrimental behaviors that contribute to obesity¹
- Techniques such as CBT, mindfulness, and goal-setting may help patients to develop healthier habits and sustain long-term weight management¹



CBT=Cognitive Behavioral Therapy.

1. <https://obesitymedicine.org/about/four-pillars/> (Accessed April 13, 2026).

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Pharmacological Interventions



- Pharmacotherapy can be used to help overcome the compensatory mechanisms that drive weight regain, thereby supporting weight loss maintenance¹

