Long-Term Weight Maintenance

Following Active Weight Loss

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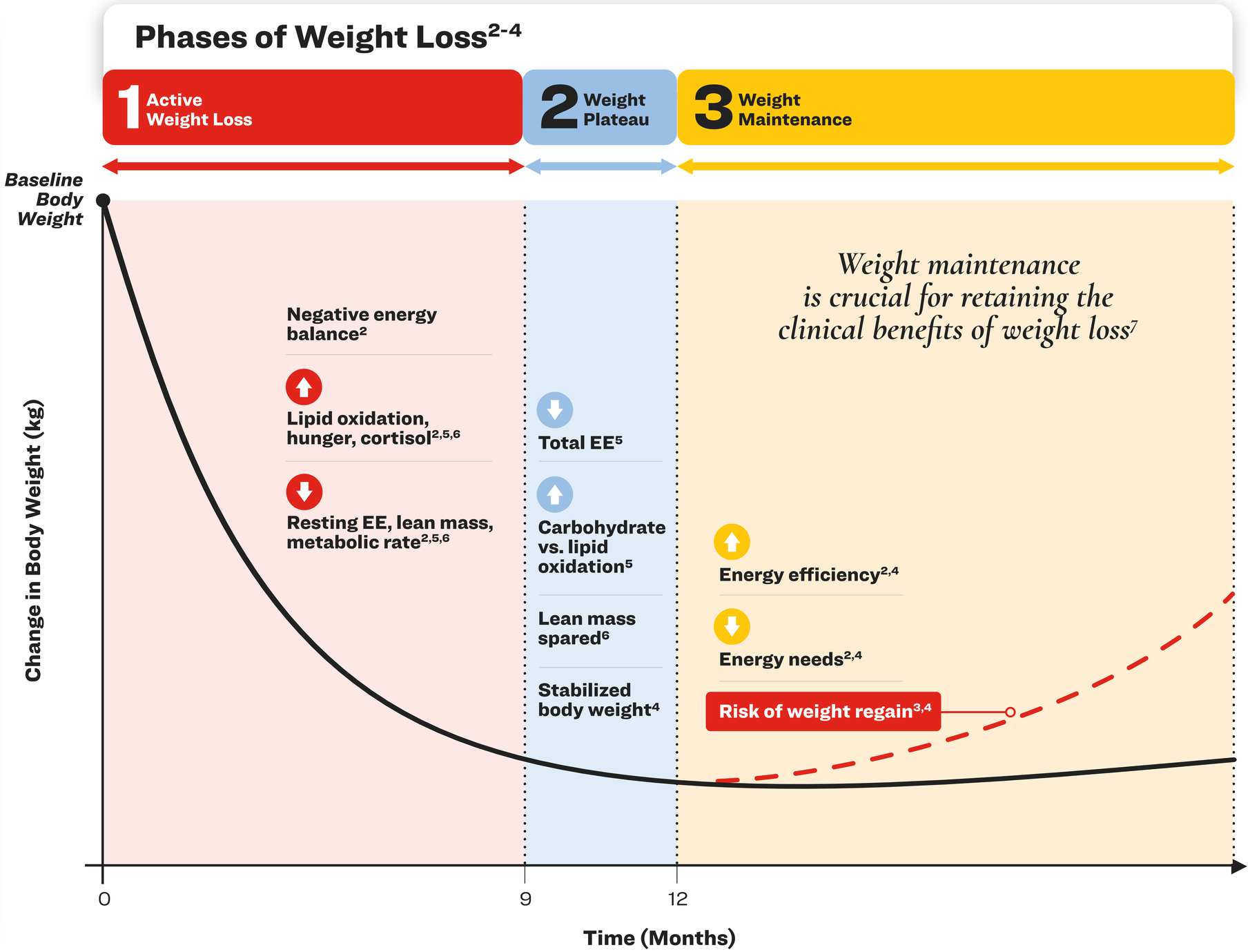
Successful long-term maintenance of weight loss usually requires[1]:

Appropriate nutrition and physical activity

Behavioral modification

Pharmacological interventions

Phases of Weight Loss[2-4]



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.

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Appropriate Nutrition and Physical Activity

- Metabolic response is patient-specific; therefore, personalized dietary guidance or "nutritional precision" is an important aspect of successful weight maintenance[1]
- 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 loss[3-5]

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]



1. Theodorakis N, et al. *Int J Mol Sci*. 2024;25(24):13438. 2. Pascual RW, et al. *Nutrients*. 2019;11(12):3046. 3. Almandoz JP, et al. *Obesity (Silver Spring)*. 2024;32(9):1613-1631. 4. Kim JY. *J Obes Metab Syndr*. 2021;30(1):20-31. 5. Leidy HJ, et al. *Am J Clin Nutr*. 2015;101(6):1320S-1329S. 6. Davy BM, et al. *Physiol Behav*. 2025;297:114953. 7. Pan A, et al. *Int J Obes (Lond)*. 2013;37(10):1378-1385. 8. Nadolsky K, et al. *Endocr Pract*. 2025;31(11):1351-1394.
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Behavioral Modification

- Behavioral modification addresses patients' psychological and emotional needs, helping them to identify and change detrimental behaviors that contribute to obesity[1]
- Techniques such as CBT, mindfulness, and goal-setting may help patients to develop healthier habits and sustain long-term weight management[1]



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 maintenance[1]



1. Schmitz SH, Aronne LJ. *Gastroenterol Clin North Am.* 2023;52(4):661-680.

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