

Weight Cycling

U.S. DEPARTMENT OF HEALTH
AND HUMAN SERVICES

NATIONAL INSTITUTES OF HEALTH

NIDDK | NATIONAL INSTITUTE OF
DIABETES AND DIGESTIVE
AND KIDNEY DISEASES

WIN Weight-control Information Network

What is weight cycling?

Weight cycling is the repeated loss and regain of body weight. This sometimes happens to people who go on weight-loss diets. A small cycle may include loss and regain of 5 to 10 pounds. In a large cycle, weight can change by 50 pounds or more.

Is weight cycling harmful to my health?

Experts are not sure if weight cycling leads to health problems. However, some studies suggest a link to high blood pressure, high cholesterol, gallbladder disease, and other problems. One study showed other problems may be linked to weight cycling as well. The study showed that women who weight cycle gain more weight over time than women who do not weight cycle. Binge eating (when a person eats a lot of food while feeling out of control) was also linked to women who weight cycle. The same study showed that women who weight cycle were also less likely to use physical activity to control their weight.

Weight cycling may affect your mental health too. People who weight cycle may feel depressed about their weight. However, weight cycling should not be a reason to “feel like a failure.” If you feel down, try to focus on making changes in your eating and physical activity habits. Keeping a good attitude will help you stay focused. In addition, talk with a health care professional about your weight and ways you can manage it. Doing so may help you determine why you weight cycle. Understanding the cause of your weight cycling may help you in the process of lifelong weight management.

Weight cycling is the repeated loss and regain of body weight. This sometimes happens to people who go on weight-loss diets.

How can I manage weight and avoid weight cycling?

Experts recommend different strategies for different people. The goal for everyone is to achieve a healthy weight. This can help prevent the health problems linked to weight cycling.

- People who are not overweight or obese, and have no health problems related to weight, should maintain a stable weight.
- People who are overweight or obese should try to achieve and maintain a modest weight loss. An initial goal of losing 10 percent of your body weight can help in your efforts to improve overall health.

If you need to lose weight, be ready to make lifelong changes. Healthy eating and physical activity are the keys to your efforts. Focus on making healthful food choices, such as eating more high-fiber foods like fruits and vegetables and cutting down on foods that are high in saturated or *trans* fats. And make room for physical activity. Studies show that many people who weight cycle do not participate in regular physical activity. Walking, jogging, or other activities can help keep you active and feeling good. To find out more about healthy eating and the amount of physical activity you need, check out MyPyramid, the Federal Government's food guidance system, online at <http://www.mypyramid.gov>.

If I weight cycle after a diet, will I gain more weight than I had before the diet? Will I have less muscle?

Studies do not show that fat tissue increases after a weight cycle. Study results do not support decreases in muscle either. Many people simply regain the weight they lost while on the diet—they have the same amount of fat and muscle as they did before the weight cycle.

Some people worry that weight cycling can put more fat around their stomach area. This is important since people who carry extra body weight around this area are more likely to develop type 2 diabetes. Studies show that people do not have more fat around their stomach after a weight cycle. However, other studies suggest that women who are

overweight and have a history of weight cycling have thicker layers of fat around their stomach—compared to women who do not weight cycle. It is not clear how this relates to weight cycling.

If I regain lost weight, will it be even harder to lose it again?

Losing weight after a weight cycle should not be harder. Studies show weight cycling does not affect how fast you burn food energy, which is called your “metabolic rate.” This rate slows as we get older, but healthy eating and regular physical activity can still help you achieve a healthy weight.

Is staying overweight healthier than weight cycling?

This is a hard question to answer since experts are not sure whether weight cycling causes health problems. However, experts are sure that if you are overweight, losing weight is a good thing. Being overweight or obese is associated with the following health problems:

- high blood pressure
- heart disease
- stroke
- gallbladder disease
- fatty liver disease
- type 2 diabetes
- certain types of cancer
- arthritis
- breathing problems, such as sleep apnea (when breathing stops for short periods during sleep)

Not everyone who is overweight or obese has the same risk for these problems. Risk is affected by several factors: your gender, family history of disease, the amount of extra weight you have, and where fat is located on your body. You can improve your health with a modest weight loss. Losing just 10 percent of your body weight over 6 months will help.

Conclusions

Experts need to learn more about weight cycling. Knowing if it is a cause or effect of poor physical and mental health is important. In the meantime, you can help yourself if you are overweight or obese. Try to eat healthy and get plenty of physical activity. If you go through a weight cycle, do not feel like a failure. Just keep trying your best.

Try to eat healthy and get plenty of physical activity. If you go through a weight cycle, do not feel like a failure. Just keep trying your best.

Weight-control Information Network

1 WIN Way
Bethesda, MD 20892-3665
Phone:
(202) 828-1025
Toll-free number:
1-877-946-4627
FAX: (202) 828-1028
Email:
WIN@info.niddk.nih.gov
Internet:
<http://www.win.niddk.nih.gov>

The Weight-control Information Network (WIN) is a service of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) of the National Institutes of Health, which is the Federal Government's lead agency responsible for biomedical research on nutrition and obesity. Authorized by Congress (Public Law 103-43), WIN provides the general public, health professionals, the media, and Congress with up-to-date, science-based health information on weight control, obesity, physical activity, and related nutritional issues.

Publications produced by WIN are reviewed by both NIDDK scientists and outside experts. This publication was also reviewed by Rudolph L. Leibel, M.D., Professor of Pediatrics and Medicine, Head of the Division of Molecular Genetics, Columbia University College of Physicians and Surgeons.

This fact sheet is also available at <http://www.win.niddk.nih.gov>.

This publication is not copyrighted. WIN encourages users of this fact sheet to duplicate and distribute as many copies as desired.

Additional Reading

Active at Any Size. October 2006. Available from the Weight-control Information Network (WIN) and online at <http://www.win.niddk.nih.gov/publications/active.htm>.

Binge Eating Disorder. May 2008. Available from WIN and online at <http://www.win.niddk.nih.gov/publications/binge.htm>.

Dieting and Gallstones. April 2006. Available from WIN and online at <http://www.win.niddk.nih.gov/publications/gallstones.htm>.

Finding Your Way to a Healthier You. Based on the *Dietary Guidelines for Americans 2005*. Published by the U.S. Department of Agriculture (USDA) and the U.S. Department of Health and Human Services (DHHS). DHHS Publication No. HHS-ODPHP2005-01-DGA-B. USDA Home and Garden Bulletin No. 232-CP. Available from the Federal Citizen Information Center at 1-888-878-3256 and online at <http://www.healthierus.gov/dietaryguidelines>.

Just Enough for You: About Food Portions. August 2006. Available from WIN and online at http://www.win.niddk.nih.gov/publications/just_enough.htm.

Tips to Help You Get Active. January 2006. Available from WIN and online at <http://www.win.niddk.nih.gov/publications/tips.htm>.

Weight-loss and Nutrition Myths. August 2006. Available from WIN and online at <http://www.win.niddk.nih.gov/publications/myths.htm>.

Weight Loss for Life. July 2006. Available from WIN and online at http://www.win.niddk.nih.gov/publications/for_life.htm.

NIDDK NATIONAL INSTITUTE OF
DIABETES AND DIGESTIVE
AND KIDNEY DISEASES

NIH Publication No. 01-3901
May 2008