

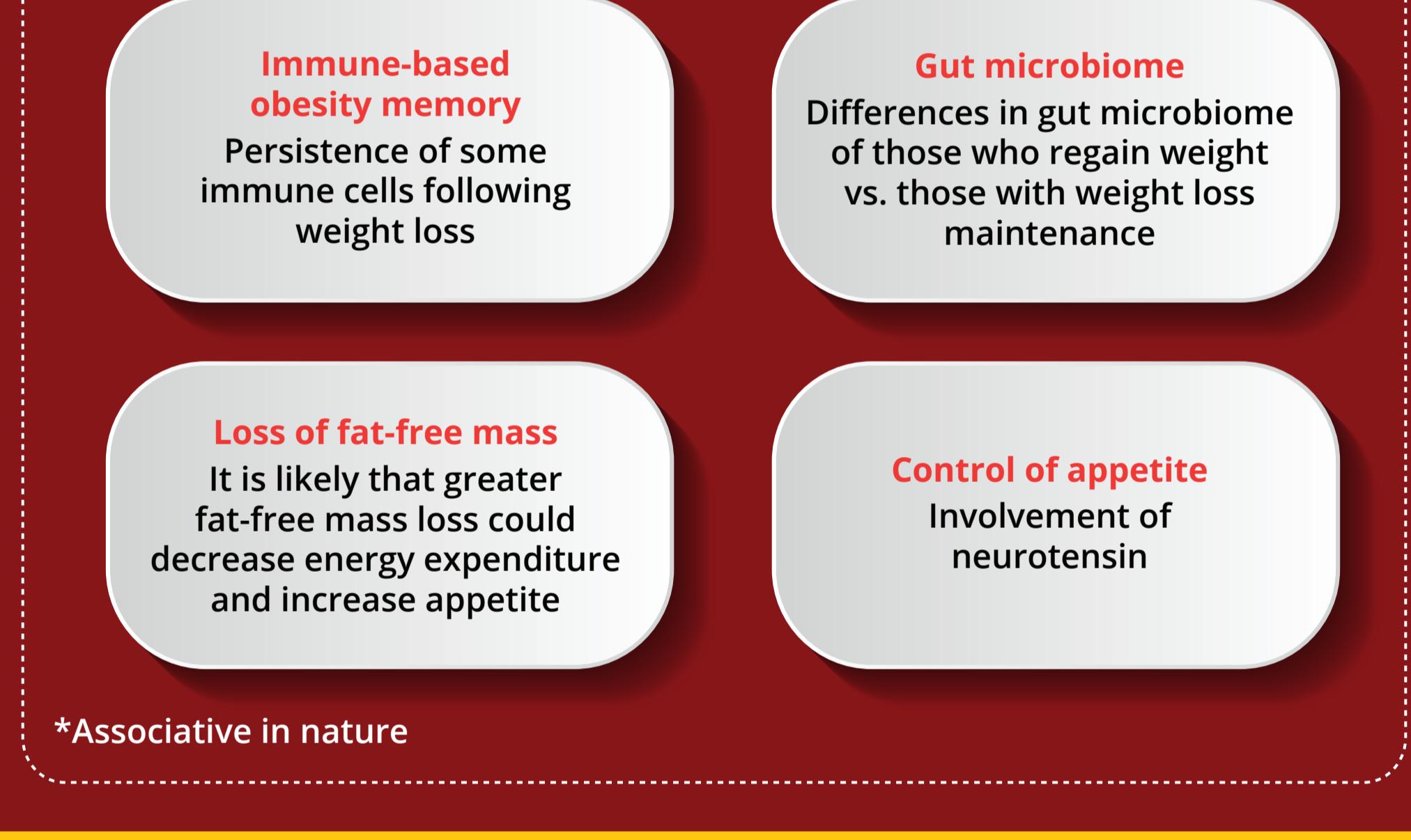
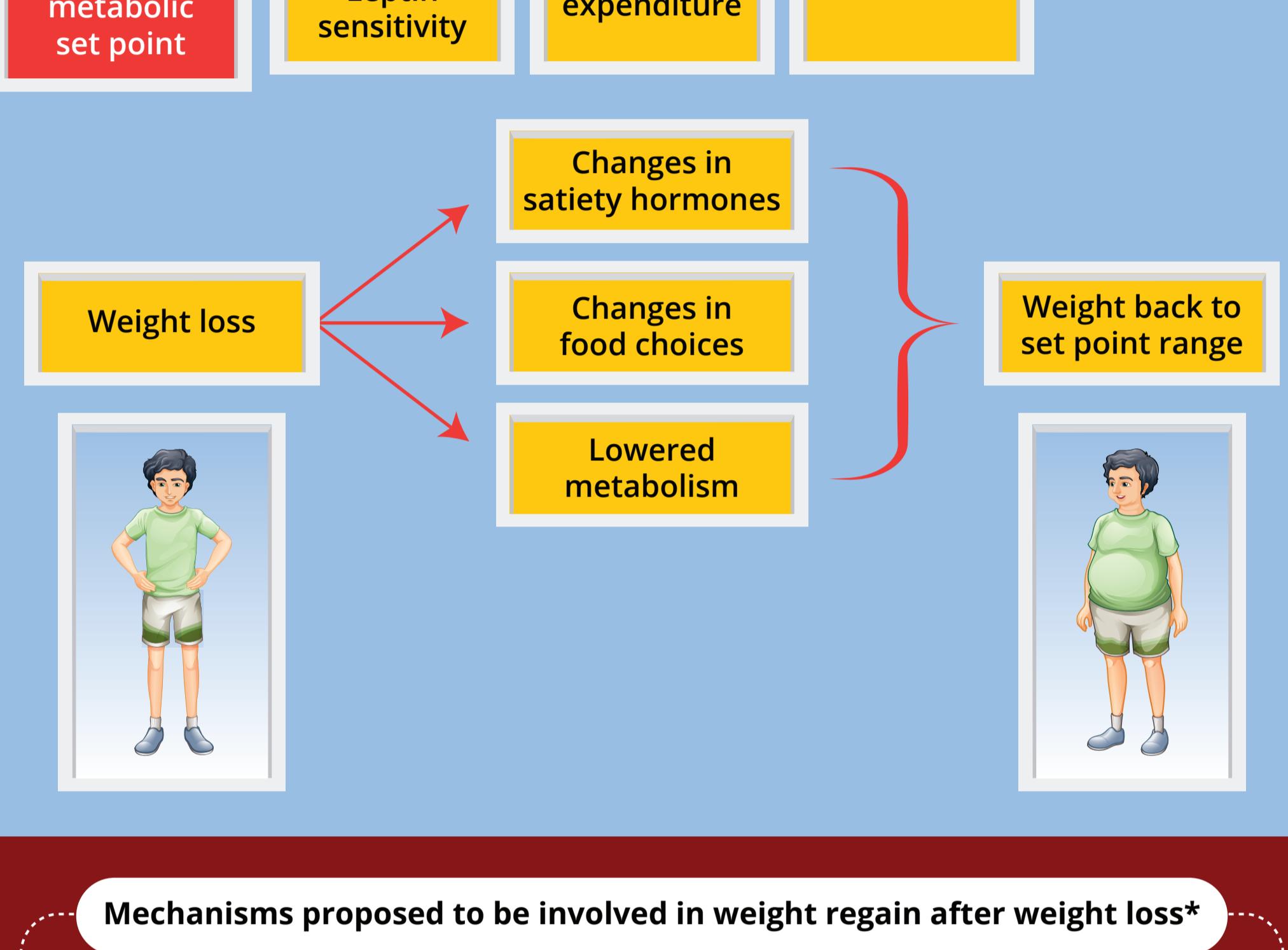
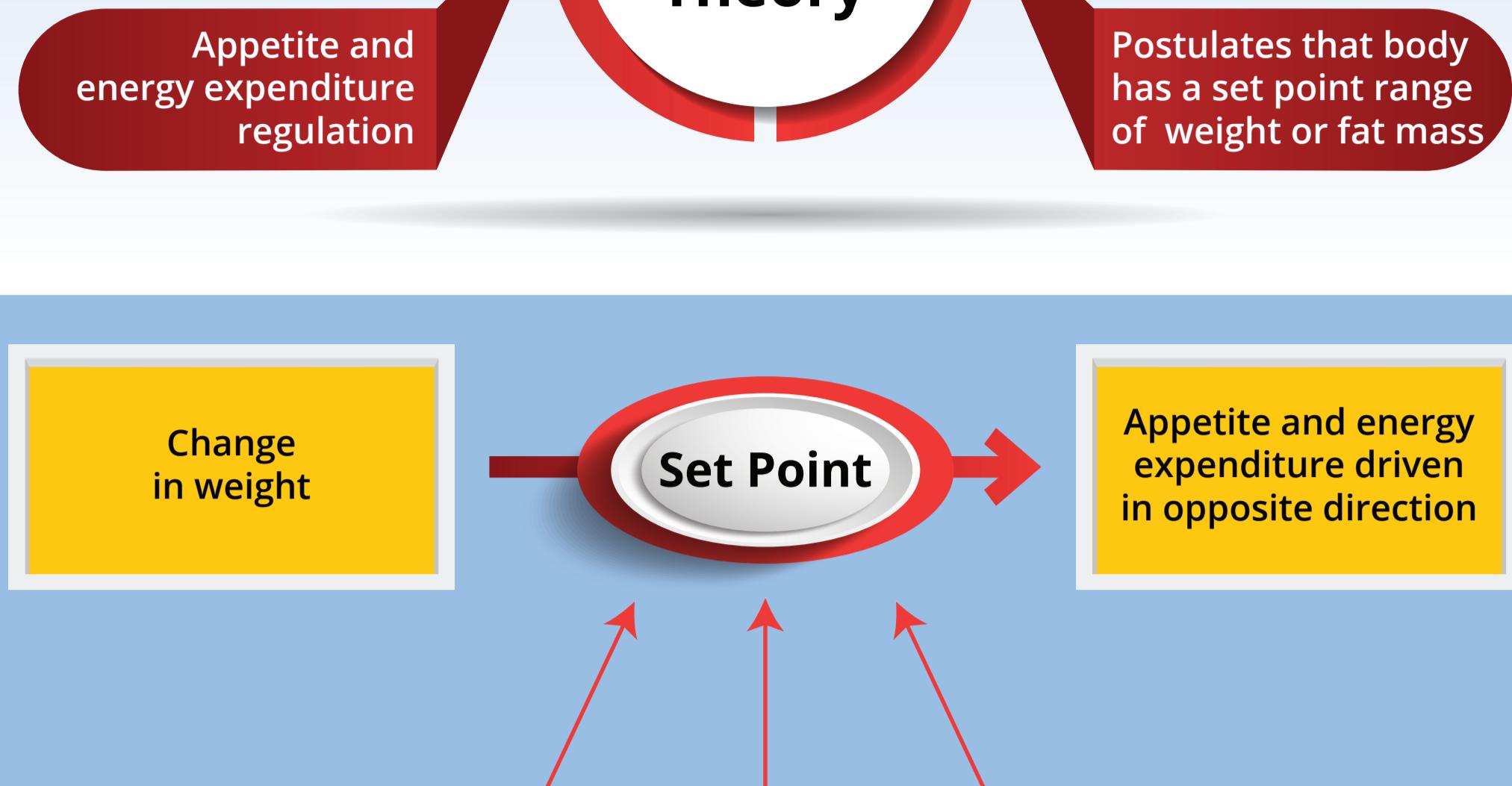


ObesiTalks

Understand. Assess. Act.

METABOLIC ADAPTATION AND WEIGHT REGAIN

Metabolic Set Point



Mechanisms proposed to be involved in weight regain after weight loss*

Immune-based obesity memory
Persistence of some immune cells following weight loss

Gut microbiome
Differences in gut microbiome of those who regain weight vs. those with weight loss maintenance

Loss of fat-free mass
It is likely that greater fat-free mass loss could decrease energy expenditure and increase appetite

Control of appetite
Involvement of neuropeptides

*Associative in nature

• How to reset metabolic set point? •



References: 1. Ganapsetti VM, Bollimunta P. Obesity and Set-Point Theory. [Updated 2023 Apr 25]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; management. [cited Jan 12, 2026]. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK592402/> 2. Kalra S, Arora S, Kapoor N. How to reset metabolic set point. Curr Opin Obes Res. 2025 Mar;31:14(1):28.

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