You’re ready to lose weight, so you go on a diet.

The pounds pour off for awhile.

But suddenly the weight loss seems to lose steam.

“...one way to counteract this slower metabolism is to do more physical activity. So if people can increase their activity, it can help to keep the weight off even if their metabolism is a little bit slower.”

Plus, with more physical activity, you’re likely to increase muscle mass that you lost from dieting, which should speed up your metabolism and calorie burn.

For the Mayo Clinic News Network, I’m Ian Roth.