

Mayo Clinic Minute

Why losing weight can slow your metabolism

Video	Audio
	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.
00:05:02 Donald Hensrud, M.D. Mayo Clinic Healthy Living Program Mayo Clinic	"When we lose weight, we lose a little bit of muscle mass, and that does slow metabolism a little bit. Eventually, we're going to plateau."
	Dr. Donald Hensrud, who heads up the Mayo Clinic Healthy Living Program and is the author of the <i>Mayo Clinic Diet Book</i> , says that plateau is normal – even if it's unwelcome.
	Your metabolism is the process by which your body converts what you eat and drink into energy.
	The more muscle mass you have, the faster your metabolism.
	But, when you lose weight and muscle mass, your metabolism slows down and so does your weight loss.
	So if your weight loss plateaus ...
00:05:02	"... 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.