Yo-yo dieting leads to muscle loss, study finds

A study published in the journal Radiology found that weight fluctuations are associated with significant muscle loss. The study used MRI data from more than 1,400 participants in the Osteoarthritis Initiative to compare those with stable weight to those with repeated weight changes over four years. "When people's weight cycled, they lost tremendous amounts of muscle along with the fat, and they didn't gain the muscle back," said researcher Thomas Link.

Full Story: Radiology Business (7/22)