

**Critical
Visceral Adipose Tissue
Threshold
(CVATT)**

Insulin Sensitive

**Weight Gain
VAT Accumulation**

**Struggle to
Maintain
Weight Loss**

5 – 10% weight loss

**Diverting of FAs to
Non-Adipose Tissues**

**Insulin Resistance
Decreased Weight Gain**

**Metabolic Syndrome
Diabetes
CVD**

