

Loose Skin After Weight Loss: What You Can Do About It— And Why You Shouldn't Let It Hold You Back

By Robert Ferguson

If you've lost a lot of weight—or are about to—you've probably asked yourself:
“What happens to all the extra skin?”

It's a valid concern. The truth is, that loose skin can become a physical and emotional burden for many people. And in my years of coaching, I've seen firsthand how the *fear* of loose skin can *stop* someone from even starting their weight-loss journey.

Let me share two stories.

The Weight of a Memory: One Man's Struggle with the Fear of Loose Skin

One of my clients weighed nearly 400 pounds when he came to me. He was smart, determined, and had every reason to want a healthier life. But progress was slow—not because he wasn't trying, but because something deeper was holding him back.

After years of coaching, we uncovered the root of his hesitation:

At just nine years old, he had an Adverse Childhood Experience (ACE). He walked in on his mother naked—and the image of her loose, sagging skin haunted him for decades. As an adult, the subconscious fear of looking the same way kept him stuck. That's powerful. That's real. And he's not alone (Felitti et al., 1998).

From 336 to 135: Mary's Journey to Healthy Skin and a Healthy Body

Mary, another incredible client, had been overweight since childhood. At 47, she was done making excuses and hired me as her nutrition coach. We worked together using my **Diet Free Life methodology**, and she went from 336 pounds to 135.

What's remarkable is this:

Despite losing over 200 pounds, Mary didn't end up with sagging arms, legs, or neck. We focused on nutrition, strategic fat loss (not just weight loss), the right kind of movement, and targeted supplementation—including **the right kind of collagen**.

She did have some loose skin in the midsection, which we addressed with professional support. Ultimately, she opted for a tummy tuck, and today—almost 20 years later—she still refers people to me *and* to her cosmetic surgeon.

Why *How* You Lose Weight Matters—Especially If You’re Taking GLP-1 Drugs Like Ozempic

In today’s world, many people are turning to medications like **Ozempic**, **Wegovy**, and **Zepbound** to help them lose weight. But here's something most people aren't being told:

A significant portion of the weight lost from GLP-1 drugs is not just fat—it’s muscle.

Research published in *JAMA* found that over **40%** of the weight lost on GLP-1 medications can come from **skeletal muscle**, not fat. When that happens, it’s not just your body that suffers—it shows up in your face, your skin, your posture, and your energy levels (Lundgren et al., 2021).

You may have heard the term “**Ozempic face**.” It describes the sagging, gaunt, aged appearance that many people develop as they rapidly lose both fat *and* muscle. Skin loses its underlying structure, and with less muscle tone, the skin has nothing to “cling” to—making sagging more visible.

This is why we place so much emphasis on **preserving lean muscle mass** in the Diet Free Life methodology. It’s not just about the number on the scale—it’s about how you look, feel, and function during and after the weight loss.

So, What Can You Do to Minimize Loose Skin After Weight Loss?

Here’s what I’ve learned works best—whether you’ve already lost weight or are just getting started:

1. **Lose fat the right way** – Rapid weight loss, especially with medications or starvation, often leads to sagging. Our **Diet Free Life methodology** helps your body burn fat while protecting muscle and supporting skin (Stiegler & Cunliffe, 2006).
2. **Move your body** – Resistance training and the right kind of exercise helps maintain lean muscle mass, which supports the skin and improves how your body looks during and after weight loss (Hunter et al., 2008).
3. **Support collagen production** – The *right* kind of collagen (with cofactors like vitamin C, zinc, and polyphenols) helps improve skin elasticity. This isn’t just about beauty—it’s science (Schunck et al., 2021; Hexsel et al., 2017).
4. **Repair from the inside out** – Improving **cell membrane fluidity**, reducing inflammation, and optimizing nutrient absorption (with supplements like **BalanceOil+** and **Collagen BOOZT**) can make a big difference (Tachtsis et al., 2021; López-Lluch & Navas, 2016).

Are You Concerned About Loose Skin? Let’s Talk.

Whether you’ve already lost a lot of weight and are dealing with loose skin, or you're afraid of what might happen if you *do* lose the weight—you don’t have to go through this alone.

I’ve coached thousands of people just like you. And I’m inviting you to schedule a free consultation with me today.

👉 Click here to book a free consultation: <https://calendly.com/dietfreelife/free-consultation>

Let's create a plan that helps you lose the fat, support your skin, and love the way you look—and feel.

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