

Safe & Sustainable Weight Loss

with GLP-1 Medications



Your Guide to Protecting Your Health While Losing Weight

GLP-1 medications can help with weight loss, but healthy habits are still essential. These medications work best when combined with the right nutrition, movement, and lifestyle habits. Below are the non-negotiables for losing weight safely and keeping it off long term.

Think of your medication as a tool, not the entire plan.

THE NON-NEGOTIABLES:

1

Eat Enough Protein

Protein helps your body:

- Protect muscle while losing weight
- Stay full longer
- Keep your metabolism strong

Goal:

Aim for 80–120 grams of protein per day (or as recommended by your provider).

Good Protein Choices:

- Eggs • Chicken or turkey • Fish • Greek yogurt • Cottage cheese • Protein shakes
- Beans or lentils

Eat **protein first** at meals when possible. This helps slow digestion, stabilize blood sugar & keeps you feeling fuller longer .

2

Move Your Body (Exercise)

Exercise helps prevent muscle loss, which is very important while taking GLP-1 medications.

Goal:

- **Strength training** 2-4 days per week
- Walking or light cardio on most days

Examples:

- Walking • Resistance bands • Weight training • Bodyweight exercises • Pilates/yoga

Even 20–30 minutes a day makes a difference. Muscle is pivotal in keeping your metabolism healthy. Consistency over perfection!

3

Stay Hydrated

GLP-1 medications slow stomach emptying, which can make dehydration easier.

Goal:

- Drink at least 60–80 oz of water daily

Water Helps with:

- Energy • Digestion • Reducing nausea • Preventing constipation

Can add in electrolytes as well

4

Eat Whole, Nutrient-Dense Foods

Because you may eat less while on medication, food quality matters even more.

Focus On:

- Lean Protein • Vegetables • Fruits • Healthy Fats • Whole Foods

Limit:

- Ultra-processed foods • Excess sugar • Frequent snacking

5

Protect Your Muscle

One of the biggest risks with rapid weight loss is losing too much muscle. Healthy weight loss should be **steady, not extreme**.

To Protect Muscle:

- Eat enough protein • **Do strength training** • Avoid extreme calorie restriction

6

Get Enough Sleep

Poor sleep can affect hormones that control hunger and weight.

Goal:

- 7–9 hours of sleep per night

Sleep Supports:

- Fat loss • Hormone balance • Energy levels • and much, much more!

7

Be Patient With Your Body

A Safe Sustainable Pace is Usually:

- 0.5–2 pounds per week

Healthy weight loss takes time. The goal isn't just weight loss; it's long term health & lasting results.

GLP-1 medications work best when combined with healthy habits and supportive care.

Our goal is to help you:

Lose weight safely • Protect muscle & metabolism • Improve overall health • Maintain lasting results

Questions? We're here to help guide you every step of the way.