

Exercise and GLP-1s: Get the Most Out of Your Health Journey

Why Fitness Still Matters on GLP-1s

GLP-1 medications can be a fantastic tool for weight loss and metabolic health, but the benefits are even stronger when paired with exercise and nutrition.

A well-rounded fitness routine on GLP-1 therapy can be as easy as 1, 2, 3.

1. Strength (Resistance) Training: Your Muscle-Saver

Lifting weights, using resistance bands or doing body-weight exercises (like squats, lunges or push-ups) helps keep and build muscle as you lose fat. Aim for 2–3 sessions per week targeting all your major muscle groups. If you're new to strength training, start light and gradually build up.

2. Cardio (Aerobic Activity): Heart + Endurance

Cardio helps your heart stay strong, improves endurance, boosts insulin sensitivity and supports overall weight management. Think brisk walking, cycling, swimming or dancing. Aim for at least 150 minutes of moderate-intensity movement per week.

3. Balance & Flexibility: The Unsung Heroes

Stretching, yoga and balance-focused movements help prevent injuries, improve mobility as you lose weight and make all other workouts feel better.

Fueling Your Body

- **Eat protein** at every meal (think lean meats, dairy, eggs, beans—or protein shakes if meals feel intimidating).
- **Fuel pre- and post-workout** when possible (even a small snack can make exercise feel better and help your body recover).
- **Hydrate regularly** (GLP-1s slow digestion and can blunt thirst cues, so water matters).

Remember

- **Consult your provider:** especially if you have diabetes, unique health concerns or are new to exercise.
- **Start small and consistent:** a 20-minute walk, a few body-weight squats or even a short strength circuit once a week will still create momentum. Over time, you can build up gently—think long-term habits, not all-or-nothing.
- **Listen to your body:** side effects like nausea or energy dips can happen, especially when you're early in GLP-1 therapy, so adjusting intensity and timing is smart.
- **Track more than the scale:** strength, measurements, how clothes fit and your energy levels often tell a richer story than weight alone.

