

Exercise

Recommendations

Start Small - 'snack exercise' is a good starting point - doing 2 minutes of exercise at regular times during the day, ie. each time you are waiting for the kettle to boil (could do some simple squats or wall push-ups) so if you make 6 x hot drinks this would equate to 12mins exercise a day x 7 days that is 84 mins a week!

Weight loss isn't built through extreme workouts, it's built through consistent movement over time. Walking, strength training, mobility, and finding forms of exercise you genuinely enjoy all add up. Taking a short 10-minute walk after meals is the most powerful medicine you can take, this helps with glucose control.

Key Message

GLP-1 medications work best when combined with:

- Healthy eating habits
- Regular exercise
- Strength training
- Slow, sustainable weight loss goals

Building these habits can help improve long-term weight management, strength, and overall health.

Eating enough protein and including strength training exercises can help protect and build muscle during weight loss.



NUTRITION & HEALTHY HABITS DURING GLP-1 WEIGHT LOSS



Introduction

GLP-1 medications can support weight loss by helping reduce appetite and making it easier to maintain a calorie deficit — where you burn more calories than you consume. However, long-term success also depends on building healthy eating and exercise habits.

Healthy Nutrition Matters

During your weight loss journey, it is important to eat a balanced diet and include foods from all major food groups each day:

- Fruits and vegetables
- Complex carbohydrates (such as whole grains, oats, brown rice, and potatoes)
- Lean proteins (such as chicken, fish, eggs, beans, tofu, and Greek yogurt)
- Dairy products or alternatives

These foods help provide the nutrients and energy your body needs while losing weight.

Protecting your Muscle Mass

When losing weight, some muscle loss can happen alongside fat loss. Too much muscle loss can:

- Slow down your metabolism
- Reduce strength
- Affect posture and balance

Losing weight too quickly may increase muscle loss, so aiming for a slow and steady rate of weight loss is recommended.



Exercise Recommendations

Exercise is one of the most powerful tools we have for living longer and staying healthy.

Regular movement helps protect your heart, maintain muscle and bone strength, regulate blood sugar, support brain health, and reduce the risk of many chronic diseases. It also boosts mood, energy, and resilience so you can actually enjoy those extra years.

On the days when you don't feel like it, something is better than nothing! Your future self will thank you for the habits you build today.

