

The GLP-1 Results Guide

Already taking a GLP-1? This guide is for you.

Losing weight isn't the only objective. Practical, evidence-based strategies for protecting muscle, nutrition, skin, hair and long-term results.

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01 Getting adequate protein

When appetite shrinks, protein is often the first casualty. Many experts suggest building each meal around a protein source and spreading intake across the day to support muscle preservation.

02 Protecting muscle and strength

Significant weight loss can include lean tissue as well as fat. Resistance training two to three times per week is one of the most studied ways to help maintain muscle during weight loss.

03 Resistance training basics

You don't need a gym membership to start. Bodyweight movements, resistance bands and light weights all count. Consistency matters more than intensity, especially in the beginning.

04 Nutrition when appetite is reduced

Smaller, slower meals tend to be better tolerated. Prioritize nutrient-dense foods: protein, vegetables, legumes, whole grains. Every bite carries more weight when you're eating less overall.

05 Hydration, fiber and digestive health

Reduced intake can mean reduced fluid and fiber. Steady water intake and fiber-rich foods may help with the constipation many people report.

06 Bone health

Bone density becomes increasingly important with age and substantial weight loss. Weight-bearing exercise, strength training and adequate calcium and vitamin D all play supporting roles.

07 Managing common side effects

Nausea, constipation and reduced appetite are most common, especially after dose increases. Smaller meals, slower eating and hydration help many people. Severe abdominal pain or persistent vomiting warrants prompt medical attention.

08 Hair loss and nutrition

Temporary shedding (telogen effluvium) can follow rapid weight loss. Adequate protein, iron and zinc matter. Persistent or patchy loss deserves a medical check to rule out other causes.

09 Loose and sagging skin

Skin adapts slowly to major changes in body size. Age, genetics and the speed and amount of weight loss all influence outcomes. Strength training, protein and patience are the foundations; professional options exist for significant looseness.

10 Skincare and aesthetic options

Facial volume changes can accompany substantial weight loss. Dermatologists can discuss evidence-based skincare and aesthetic options. Be wary of miracle products — the evidence for most creams and supplements is thin.

11 Sleep and recovery

Sleep influences appetite hormones, training recovery and metabolic health. Aim for consistent, sufficient sleep — it's part of the protocol, not an afterthought.

12 Maintaining your results

Research shows weight often returns after stopping GLP-1 medications. Long-term habits — strength training, protein-forward eating, regular activity, sleep — are what carry results forward. Any change to medication should be made with your prescriber.

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