

Dietary and Exercise Recommendations for Patient Initiating GLP-1 Therapy

Patient counseled that pharmacologic therapy with a GLP-1 receptor agonist is intended to be used in conjunction with comprehensive lifestyle modification.

Nutrition Recommendations

- Adopt a calorie-reduced, nutritionally balanced diet.
- Emphasize lean proteins (fish, poultry, legumes), high-fiber vegetables, and low-glycemic carbohydrates.
- Limit refined sugars, processed foods, saturated fats, and sugar-sweetened beverages.
- Encourage small, frequent meals to minimize gastrointestinal side effects associated with GLP-1 therapy.
- Maintain adequate hydration (≥ 64 oz water daily unless medically contraindicated).
- Target daily protein intake of approximately 1.0–1.2 g/kg body weight to preserve lean muscle mass during weight loss.

Physical Activity Recommendations

- Engage in ≥ 150 minutes per week of moderate-intensity aerobic activity (e.g., brisk walking, cycling).
- Incorporate resistance training at least 2–3 times per week to maintain muscle mass.
- Increase daily non-exercise activity (e.g., step count goal individualized to baseline).
- Gradually advance activity level as tolerated.

Behavioral Strategies

- Encourage food tracking and weight monitoring.
- Promote adequate sleep (7–8 hours nightly).
- Address stress management and behavioral triggers for overeating.

Sustained weight reduction and metabolic improvement require adherence to both medication and lifestyle modifications.