

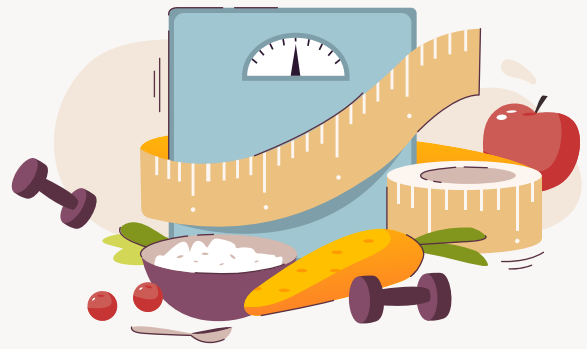
# Weight loss Handout

*GLP 1 & 2*



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# Goal Setting



## *Mindset & Expectations*

- **Set Realistic Goals:** *It is important to set achievable, short-term goals, such as aiming to lose 1-2 pounds per week. Losing weight too fast can have negative side effects like hair loss, muscle loss, and fatigue.*
- **Be Patient:** *Weight loss takes time, and it's important to understand that progress may not be linear. It is normal for your weight to fluctuate up and down by a few pounds. Remember this is likely water retention, not fat.*

## *Understanding Weight Loss Plateaus*

*"I know it can be frustrating when the scale stops moving, but I want to reassure you that weight loss plateaus are a completely normal part of the process. Your body goes through many changes as you lose weight, and sometimes it needs time to adjust. During this time, your body is likely preserving energy or adapting to the new, lower weight."*

*"Think of it like this: as you lose weight, your metabolism slows down because your body doesn't need as many calories to function at a smaller size. This slowdown can lead to a temporary halt in weight loss, even if you're still eating right and exercising."*

*"Plateaus can be an opportunity to evaluate your routine. It might mean we need to tweak things, like adjusting your calorie intake, adding new exercises, changing your medication dosage, or changing the intensity of your workouts. The key is to stay consistent and patient, because this is just a phase and with the right adjustments, you'll start to see progress again."*

*"Remember, the goal is long-term success, not just fast results. Your body is working hard, even if the scale doesn't show it immediately, and sticking with your plan will eventually get you through this plateau."*

# Water Intake



***Supports Digestion:*** GLP-1 and GLP-2 medications can affect your digestive system. Drinking adequate water helps to facilitate digestion and prevent constipation, which can be a common side effect.

***Aids in Appetite Control:*** Staying hydrated can help you manage hunger. Sometimes, our bodies confuse thirst with hunger, leading to unnecessary snacking. Drinking water can help curb those cravings and keep your appetite in check.

***Enhances Metabolism:*** Proper hydration is crucial for optimal metabolic function. When you're well-hydrated, your body can burn calories more efficiently, supporting your weight loss goals.

***Improves Overall Well-Being:*** Hydration is essential for your overall health. It supports energy levels, improves mood, and helps maintain cognitive function, all of which are important as you work toward your weight loss goals.

***Compensates for Fluid Loss:*** If you're exercising more or if the medication affects your fluid balance, it's essential to replenish lost fluids. This helps prevent dehydration and its associated symptoms, such as fatigue or headaches.

## ***How Much Water Should You Drink?***

*Aim for at least 8-10 cups (64-80 ounces) of water per day, but remember that individual needs may vary based on activity level, climate, and body weight. A good practice is to drink a glass of water before meals, which can help control portion sizes and prevent overeating.*

# Electrolytes



## ***Benefits of Adding Electrolytes to Water:***

***Better Hydration:*** Electrolytes help your body absorb water more effectively, keeping you hydrated.

***Muscle Support:*** They prevent cramps and support muscle function, which is especially important during exercise.

***Energy Boost:*** Electrolytes play a key role in energy production, helping you feel more energized during workouts.

***Nerve Function:*** They help transmit signals in your nervous system, improving coordination and cognitive function.

***Recovery Aid:*** After intense activity or sweating, electrolytes help restore balance and speed up recovery.

***When to Use Electrolytes:*** Consider adding them to your water during workouts, in hot weather, or after illness to replace lost minerals.

## ***My favorite electrolyte brands:***

- ***LMNT*** - perfect for high intensity exercise. Add a scoop of glutamine powder + a scoop (5g) creatine and you have an awesome intra-workout drink
- ***FlavCity*** - clean ingredients for workouts and daily use
- ***Nectar*** - perfect for daily electrolyte needs. Add a pack to your daily water bottle
- ***WaterBoy*** - perfect for the vacations, after parties or late nights
- ***Just Ingredients*** - daily or workouts!

# Nutrition



GLP medications will put you into a calorie deficit, meaning you will be consuming significantly less calories than you normally do. When in a calorie deficit, the body will begin to burn fat, and muscle at times, for energy. It is important to preserve as much lean muscle mass as we can. This is done by prioritizing protein and getting adequate resistance training exercise in per week.

There is no specific diet that I ask you to follow but I am a huge believer in tracking macros (protein/carbs/fats) while you are in the program and after so you can get a true feeling for how many calories you are consuming.

I can help calculate your macro goals for you or you can input into an app. Apps that I recommend for tracking are MyFitnessPal and Cronometer.

## Calculating your own protein goals:

A general guideline is to consume between **0.7 to 1.0 grams of protein per pound** of body weight during a weight loss phase. This range helps preserve muscle mass while promoting fat loss.

- **Sedentary to light activity:** 0.7–0.8 grams per pound of body weight.
- **Moderately active:** 0.8–0.9 grams per pound of body weight.
- **Highly active or resistance training:** 1.0 grams per pound of body weight.

## General Guidelines:

- Avoid highly processed foods and limit mildly processed foods
- If it hurts your stomach, don't eat it
- Avoid late night meals. Try to finish eating at least 3 hrs before bedtime

# Protein Sources



## Animal Based Protein Sources:

1. Chicken Breast (skinless, cooked) – 26g of protein per 3 oz
2. Turkey Breast – 25g of protein per 3 oz
3. Lean Beef (sirloin or round) – 24g of protein per 3 oz
4. Fish (Salmon, Tuna, Cod) – 22-25g of protein per 3 oz
5. Eggs – 6g of protein per large egg
6. Egg Whites – 3.6g of protein per egg white
7. Greek Yogurt (plain, non-fat) – 15g of protein per 6 oz
8. Cottage Cheese (low-fat) – 14g of protein per ½ cup
9. Shrimp – 20g of protein per 3 oz
10. Pork Tenderloin – 23g of protein per 3 oz

## Plant-Based Protein Sources:

1. Lentils – 18g of protein per cup (cooked)
2. Chickpeas – 14.5g of protein per cup (cooked)
3. Quinoa – 8g of protein per cup (cooked)
4. Tofu – 10g of protein per ½ cup
5. Edamame – 17g of protein per cup (cooked)
6. Black Beans – 15g of protein per cup (cooked)
7. Peas – 8g of protein per cup (cooked)
8. Tempeh – 21g of protein per 3 oz
9. Hemp Seeds – 10g of protein per 3 tbsp
10. Chia Seeds – 4g of protein per 2 tbsp

## Protein Supplements:

1. Whey Protein Powder – 20-25g of protein per scoop
2. Plant-Based Protein Powder (pea, hemp, soy) – 15-20g of protein per scoop
3. Protein Bars – 10-20g of protein per bar (varies by brand)

# Protein Supplements



There are so many brands of protein powders and bars out there. This is just a list of the ones I feel have trusted ingredients. In general try to avoid products with high amounts of gums and sucralose. Protein bars are a great quick “grab&go” but should not be a staple of your every day diet.

## **Protein Powders:**

- Earth Fed Muscle
- FlavCity
- Promix
- Just Ingredients
- Truvani
- Clean Simple Eats

## **Protein Bars:**

- Rawr Organics
- Barebell
- TruBar
- Aloha
- RX Bars
- Go Macro
- No Cow
- Larabar

## **Meat Sticks**

- Epic
- Chomps
- The New Primal
- Paleovalley
- Vermont Smoke & Cure

# Common Side Effects & Management

- **Nausea**
  - Severe - a prescription for can be sent into your local pharmacy - notify your provider
  - Mild: Pepto-Bismol, Tums, Ginger
- **Constipation:** *Hilma* “Gentle bowel movement support” - available on Amazon, Miralax. Fiber Supplements (*Thorne* “Fibermend” - available on Amazon, *Metamucil*, *Hilma* fiber supplement)
- **Diarrhea:** Commonly food triggers related. Meaning, something you are eating is really not agreeing with your stomach, Food journaling can help identify triggers. Make take *Imodium* as needed and ensure adequate fiber intake.
- **Acid Reflux:** *Pepcid* 20mg daily (30 min prior to eating). Avoid food triggers. *Hilma* “Gas and bloat relief”. Avoid late night meals.
- **Hair loss:** Not a direct side effect but can be a secondary side effect of rapid weight loss or stress on the body. Do not increase your dose if you are rapidly shedding. Taking a supplement like Nutrafol and a hair thickening shampoo can help. Focus on protein consumption.
- Remember side effects should be manageable. If your side effects are affecting your quality of life, you need to inform your provider. We can discuss lowering your dose or taking a medication break and resuming at a lower dose. This journey is about getting healthier, not being sick.



# FAQs



## ***How do I store the RX vial?***

- Per WeCare Pharmacy, it can be stored in the freezer until the vial has been opened, and then can be stored in the refrigerator there after.

## ***Where can I get more needles?***

- The pharmacy will send you a bag of needles with each prescription refill. Additional needles can be purchased on Amazon or at Wal-mart pharmacy.

## ***Can I travel with my prescription?***

- Yes, you can. I recommend purchasing a small cooler bag from Amazon. The bag itself has icepacks built in. You will have no issues flying with your RX, needles and alcohol pads all stored in this bag (check/carry-on).

## ***What do I do if I want to change my injection day?***

- You can move your injection day by 1-2 days at a time as needed until you get to your newly desired injection day.

## ***How do I get my RX refill?***

- If you have a refill available from the pharmacy you can request it via the “WeCare Pharmacy” app or you can call them to request it. If you are due for an appointment then you must schedule with the office prior to the refill being authorized.

## ***If I decide to stop my medication, can I restart?***

- Yes. Just schedule a “follow-up” appointment with your provider. Cost of the follow-up will range from \$175-\$300 depending on how long it has been since your last appointment.