



Tailored Exercise Regimen

GLP-1 receptor agonist therapy (e.g., medications like semaglutide or liraglutide, often used for weight management or type 2 diabetes). These medications enhance insulin secretion, slow gastric emptying, and promote satiety, which can lead to weight loss and improved glucose control. Exercise complements these effects by boosting metabolism, preserving lean muscle, and enhancing cardiovascular health. This regimen assumes the individual is a beginner or intermediate exerciser, relatively healthy aside from their condition, and has no major physical limitations. Always consult a doctor before starting any exercise program, especially on such medications.

Goals

- Support weight loss or maintenance by increasing calorie burn.
 - Improve insulin sensitivity and glucose regulation.
- Build strength and endurance without overexertion, considering potential side effects like nausea or fatigue.
 - Maintain strength and muscle mass
- Maintain strong bone structure (bones are not just made of calcium - there is a significant protein component in bones that is essential to their strength).

Weekly Exercise Regimen

Duration: 30–60 minutes per day, 5–6 days per week

Intensity: Moderate (you can talk but not sing) to avoid undue stress on the body

Structure: Combines cardio, strength, and flexibility

Day 1: Cardio (Low-Impact)

- **Activity:** Brisk walking or stationary cycling
- **Duration:** 30–45 minutes
- **Intensity:** Aim for 50–70% of max heart rate (roughly 220 minus your age).
- **Why:** Boosts calorie burn and cardiovascular health, gentle on joints. GLP-1 users may feel less hungry post-exercise, aiding adherence.

Day 2: Strength Training (Bodyweight Focus)

- **Warm-Up:** 5–10 minutes of light walking or dynamic stretches (arm circles, leg swings).
- **Exercises:**
 - 1 Squats (3 sets of 10–15 reps) – Targets legs and glutes.
 - 2 Push-ups (knee or standard, 3 sets of 8–12 reps) – Chest and arms.
 - 3 Plank (hold 20–40 seconds, 3 sets) – Core stability.
 - 4 Lunges (3 sets of 10 reps per leg) – Lower body strength.
- **Cool-Down:** 5 minutes of stretching (quads, hamstrings, chest).
- **Why:** Preserves muscle mass during weight loss, which GLP-1 therapy may accelerate.

Day 3: Cardio + Flexibility

- **Cardio:** Swimming or elliptical (30 minutes, moderate pace).
- **Flexibility:** 15–20 minutes of yoga (focus on poses like downward dog, cat-cow, pigeon stretch).
- **Why:** Swimming is low-impact and soothing if nausea occurs; yoga improves mobility and reduces stress, which can affect glucose levels.

Day 4: Strength Training (Light Weights or Resistance Bands)

- **Warm-Up:** 5–10 minutes of marching in place or light cardio.
- **Exercises:**
 - 1 Bicep curls (3 sets of 12 reps) – Use 2–5 lb weights or bands.
 - 2 Seated leg press or band leg extensions (3 sets of 12 reps) – Lower body.
 - 3 Shoulder press (3 sets of 10 reps) – Upper body.
 - 4 Bird-dog (3 sets of 10 reps per side) – Core and balance.
- **Cool-Down:** 5 minutes of stretching.
- **Why:** Builds strength gradually, supporting metabolic health without overwhelming the system.

Day 5: Active Recovery

- **Activity:** Gentle walk (20–30 minutes) or light stretching/yoga.
- **Why:** Promotes circulation and recovery, especially if fatigue or muscle soreness is present due to medication or exercise adaptation.

Day 6: Mixed Cardio + Strength Circuit

- **Warm-Up:** 5 minutes of light jogging or jumping jacks.
- **Circuit (repeat 3 times):**
 - 1 1 minute of fast walking or stair stepping.
 - 2 10 squats.
 - 3 1 minute of marching in place with arm swings.
 - 4 10 push-ups (modify as needed).
 - 5 30-second plank.
- **Cool-Down:** 5–10 minutes of stretching.
- **Why:** Combines benefits of cardio and strength, enhancing endurance and fat loss.

Day 7: Rest

- **Activity:** None scheduled; optional light stretching if desired.
- **Why:** Allows recovery, critical for avoiding burnout or overexertion.

Key Considerations

- **Hydration:** GLP-1 agonists can cause dehydration (e.g., nausea, reduced appetite). Drink water before, during, and after exercise (aim for 8–12 oz per session).
- **Timing:** Exercise 1–2 hours after meals or medication doses to minimize nausea or GI discomfort.
- **Progression:** Start with shorter durations (e.g., 20 minutes) or fewer sets if new to exercise, increasing by 10% weekly as tolerated.
- **Listen to Your Body:** Fatigue, dizziness, or nausea may signal a need to scale back—rest and consult a doctor if persistent.
- **Pair with Diet:** GLP-1 therapy reduces appetite, so ensure adequate protein (e.g., 0.8–1.2 g/kg body weight) to support muscle maintenance.

This regimen balances effectiveness with safety, aligning with the physiological effects of GLP-1 agonists.

Adjustments may be advisable for a specific age, fitness level, or condition.