GLP-1 therapy helps patients manage blood glucose and body weight. Exercise shapes whether weight loss translates into health and function.

EXERCISE RIGHT

1 See an Accredited Exercise Physiologist (AEP)

Maintaining targeted exercise when starting a GLP-1 is key to maintaining your overall health.

AEPs have the expertise to prescribe exercise that supports long-term health and physical function.

2 Measure

An AEP can look beyond the scale.

- **Body composition**
- **Aerobic capacity**
- **Strength testing and muscle function**

3 Identify risk

What are we trying to prevent?

- **High visceral fat** (Inflammation and cardiometabolic risk)
- **Low VO_2 or cardiorespiratory fitness** (Cardiometabolic risk)
- **Low bone density** (Osteoporosis risk)
- **Low strength/poor muscle function,** confirmed by low lean mass

4 Intervene

An AEP will prescribe the right dose of exercise.

- **Resistance training**
- **Aerobic training**
- **Progressive loading and impact prescription for bone health**

5 Track

An AEP will track the outcomes that matter. Helping you reach your goals and stay healthy.

- **Lean mass** (preserve)
- **Visceral fat** (reduce)
- **VO_2 max** Aerobic capacity (improve)
- **Weight trajectory** (sustain)
- **Strength** (improve)
- **Bone health** (sustain or improve)



Wrap around care is key.
Pair exercise prescription with dietetics to reap the most reward.

This flow chart was created in collaboration with *Accredited Exercise Physiologist Cameron Hyde.*

