

GLP-1 SUPPORT

GLP-1: Protein, Muscle and Lean Tissue

Why protein quality, resistance training and monitoring matter for people using GLP-1 medicines.



Hallmark Precision Health

Educational information only - not medical advice

Why GLP-1 users need a muscle plan

- GLP-1 medications can reduce appetite and food intake. That can make it harder to consume enough protein and micronutrients.
- During weight loss, some lean mass loss can occur. Muscle preservation requires deliberate nutrition and resistance exercise planning.
- Older adults and people already low in strength or muscle mass may need closer monitoring.

Protein is the anchor

- Protein should be planned first, not added as an afterthought.
- Spread protein across the day where possible, especially when appetite is low.
- Common options include eggs, fish, poultry, lean meats, dairy or alternatives, tofu, legumes and protein-rich snacks as clinically appropriate.

Strength training protects function

- Resistance training gives the body a reason to preserve and rebuild lean tissue.
- Simple progressive training can include bodyweight, bands, machines, dumbbells or supervised programs.
- Tracking grip strength, gait speed, muscle mass and energy helps identify early decline.

Common gaps to monitor

- Very low intake can reduce protein, fibre, fluids and micronutrients.
- Nausea, constipation and early fullness can make meal timing and food choices important.
- Rob can help review supplements, meal timing and safe targets with the patient's prescribing doctor where needed.

Lean tissue is part of the outcome

Successful GLP-1 use should not only focus on the number on the scale. The aim is healthier body composition, stronger function and better long-term maintenance.

A structured plan combines adequate protein, resistance training, hydration, fibre and appropriate clinical monitoring.



Discussion with Dr Rob

- Use this resource to prepare questions for a consultation.
- Review your current eating pattern, goals, medical history and practical barriers.
- Patients using medications or managing medical conditions should not make major diet changes without professional guidance.
- Hallmark Precision Health - private telehealth clinic, Victoria, Australia.