

# Maintaining Your Muscle Health with Strength Training

## Have you been prescribed one of these GLP-1-based medications?

- Dulaglutide (Trulicity)
- Exenatide (Byetta)
- Liraglutide (Victoza)
- Semaglutide (Ozempic)
- Semaglutide (Rybelsus)
- Tirzepatide (Mounjaro)

These medications can help you lower your blood sugar and help reduce weight. Losing a lot of weight can have many health benefits. It can also contribute to loss of muscle mass and cause problems with strength, balance, mobility, and metabolism.

The good news is that there are strategies to reduce the risk of muscle loss while benefiting from these medications. For each of these strategies, check with your care team before making any major changes to your diet or activity.

## INCORPORATE STRENGTH TRAINING

Strength training (sometimes called resistance training) is exercise using weights, resistance bands, or even your bodyweight to make your muscles work harder. It is the most effective strategy to preserve muscle and boost your metabolism while losing weight.

### Recommendations:

- If new to strength training, check with your care team before starting an exercise routine to make sure that it is safe for you.
- Work up to three or four sessions per week. Start with simple bodyweight exercises. Then build on this over time by adding resistance bands or free/hand weights.
- Focus on movements that work several muscle groups and joints.
- Add “movement breaks” (brief 2-5 minute periods of movement) throughout the day to break up sedentary behavior.

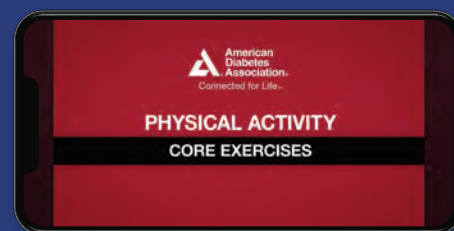
*Scan below for video examples of exercises for each muscle group!*



**Lower Body**  
[michmed.org/XWRnR](https://michmed.org/XWRnR)



**Upper Body**  
[michmed.org/NYxRw](https://michmed.org/NYxRw)



**Back & Core**  
[michmed.org/bQKMm](https://michmed.org/bQKMm)



# ***DON'T FORGET TO STRETCH AND BUILD YOUR BALANCE***

Below are basic stretches to complete after strength training exercises.

Calf stretch



Hamstring stretch



Quadriceps stretch



Hip flexor stretch



Iliotibial band stretch



Knee-to-chest stretch



Shoulder stretch



Neck stretch



For more details on these stretches, check out this resource from the Mayo Clinic:

***A Guide to Basic Stretches***  
[michmed.org/qNGPb](http://michmed.org/qNGPb)



## **Additional Tips for Success:**

- Monitor your progress. Track your protein, water, and exercise over time.
- Fuel your exercise: drink plenty of water when you exercise and eat protein within 1 hour of strength training.
- Make small achievable changes: it's better to build small habits you can stick with.
- Ask your clinician about whether a multivitamin is recommended while on a GLP drug.

***Talk to your care team for specific recommendations, such as personalized strength exercises.***