

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

- Dulaglutide (Trulicity)
- Liraglutide (Victoza)
- Semaglutide (oral or injectable Ozempic)
- Tirzepatide (Mounjaro)

These medications can help you lower your blood sugar and help reduce weight. Weight loss via GLP-1-based meds also can contribute to muscle loss. Resistance training plays an important role in preventing this muscle loss and maintaining strength, balance, and mobility.

Hydration and stretching are other important strategies to maintain muscle health.

### Water Helps Your Muscles

Water helps your muscles grow and stay strong. Your body needs water to use protein, move nutrients and oxygen to your muscles, and clean out waste. Drinking enough water also helps you exercise longer. It keeps your body cool, helps prevent cramps, and can stop you from getting tired too quickly.

#### Recommendations:

- Drink small amounts of non-sugar, non-caffeinated fluids with meals and more water throughout the day.
- Choose water as your main beverage. If you don't like the taste of plain water, you can flavor it with small amounts of sugar-free flavorings or fresh fruit.
- Keep a water bottle handy and set reminders to stay hydrated.



### Benefits of Resistance Training Beyond Muscle



*Helps your body burn more calories, even at rest*



*Improves balance and mobility*



*Improves glycemic control and insulin sensitivity*



*Positively impacts mental health*



*Supports bone mineral density*

Learn more about resistance training and how protein can help prevent muscle loss.

***Why Resistance Training & Protein in Diet Matters:***  
[michmed.org/enWWN](https://michmed.org/enWWN)



## Don't Forget to Stretch and Build Your Balance

Below are basic stretches to complete before and after strength training exercises.



### Calf stretch

Stand facing a wall, step one foot back with your heel down and leg straight, then lean forward until you feel a gentle stretch in your calf.



### Hamstring stretch

Sit or stand with one leg extended, keep your back straight, and hinge at your hips until you feel a gentle stretch in the back of your thigh.



### Hip flexor stretch

Kneel on one knee, shift your hips forward, and keep your torso upright until you feel a stretch in the front of your hip.



### Quadriceps stretch

Stand on one leg, pull your other heel toward your glutes, and keep your knees close together. Hold onto a chair or wall for stability.



### Iliotibial band stretch

Cross one leg behind the other and lean your hips sideways away from the back leg.



### Knee-to-chest stretch

Lie on your back and gently pull one knee toward your chest.



### Shoulder stretch

Bring one arm across your chest and gently pull it closer with your opposite hand.



### Neck stretch

Slowly tilt your head to one side until you feel a gentle stretch along the opposite side of your neck.



For more details on these stretches, check out this resource from the Mayo Clinic:  
**A Guide to Basic Stretches:** [michmed.org/qNGPb](https://www.michmed.org/qNGPb)

## Additional Tips for Success:

- **Add “movement breaks”** (brief 2-5 minute periods of movement) throughout the day to break up sedentary behavior.
- **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 GLP-1-based meds.

## Additional Resources

**Low Carb Protein Guide**  
[michmed.org/gyRbB](https://www.michmed.org/gyRbB)



**Building Your Plate:  
4-Step Process to Low Carb Meals**  
[michmed.org/JDqMJ](https://www.michmed.org/JDqMJ)



**Low Carb Snack Ideas**  
[michmed.org/en8w9](https://www.michmed.org/en8w9)

