Resistance Training- Non-negotiable for Healthy Weight Loss While Using GLP-1 Medications Transcript

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Why Resistance Training Matters

If you take away nothing else from this episode, takeaway this. GLP-1s without resistance training equals muscle loss. Equals weight regain, equals worsening metabolic situation.

So resistance is vital to health. At minimum, we need two to three days a week of strength training. We want to focus on our larger muscle groups. You want do some low to moderate intensity movement every day.

It's not optional, it's absolutely protective. So when it comes to weight loss, especially during midlife and using these GLP-1 medications, exercise isn't just about burning calories, its about protecting muscle, supporting hormones, and keeping metabolism working just for you.

When we start weight-bearing exercise, I usually recommend that people hire a trainer, at least temporarily, if they haven't done these types of exercises before.

It's really important to have proper form to avoid injury to progress your weight slowly and to stay consistent. So you don't need to do it forever, but sometimes six to 12 weeks of really getting those good habits in can be very helpful.

So the takeaway, muscle is your metabolic engine. If weight loss costs you muscle, it costs your health.