

The GLP-1 Muscle Support Guide

Rapid weight loss can affect muscle and strength. This guide focuses on the basics that help protect lean mass while using GLP-1 medications.

1

Why Muscle Matters

Supports strength, function, metabolism, and long-term health.



2

Why Rapid Weight Loss Can Affect Strength

Eating less can make it harder to keep muscle.



3

Protein Basics

Spread protein across the day with easy options.



4

Creatine Basics

A simple support tool for strength and muscle retention.



5

Beginner Resistance Training

Start small with safe, basic movements.



6

Easy Weekly Plan

2 to 3 strength sessions plus walking.

MON	TUE	WED	THU	FRI	SAT	SUN
Strength	Walk	Rest	Strength	Walk	Strength	Walk

7

Product Support

Protein powder, creatine, and simple tools that help.



Disclaimers & Notes

This guide is educational and general in nature. It is not medical advice and does not replace individualized care from your prescriber, registered dietitian, or pharmacist. Protein powder and creatine should be reviewed with your clinician first if you have kidney disease or impaired kidney function, are pregnant, or take other medications — dedicated GLP-1-specific safety and interaction data are still limited. Creatine and protein recommendations are based on general population research, not GLP-1-specific clinical trials — treat them as a supportive option alongside resistance training, not a required step.