

PRESERVING MUSCLE MASS: A NUTRITION & LIFESTYLE SNAPSHOT



Muscle Mass

What happens with GLP-1 medicines?

- Rapid weight loss doesn't only reduce fat; it also reduces muscle¹
- Patients typically lose 10% of muscle mass²
- Men tend to lose more muscle than women, especially without strength training²

10% of muscle mass loss
=
20 years of age related muscle loss²

Who is at higher risk?⁴

Adults 75+ years have greater risk of muscle loss⁴

Exercise

- Exercise + nutrition together^{1,4}
- Resistance training (weights, bands, body-weight exercises)^{1,4}
- Stay active (exercise 3 times a week) while losing weight^{1,3}

Prevention⁴

- Seek nutritional guidance (protein, balanced diet)⁴.
- Follow an exercise program focused on resistance/strength training⁴.
- For frail patients: lower GLP-1 doses may still work without side effects⁴
- 150 minutes of moderate intensity aerobic exercise³

Preserving muscle mass: Nutrition & Lifestyle priorities for GLP-1 RAs* therapy**

Nutrition¹

- Eat protein with every meal to protect muscle and bone health (80 -120 g/day)¹
- Choose nutrient-dense foods¹
- Small, frequent meals¹
- Consider supplements if needed¹
- Stay hydrated¹

Lifestyle¹

- Sleep adequately each night¹
- Manage stress¹
- Limit alcohol and smoking¹
- Stay socially connected¹

*GLP-1 RA - Glucagon-like peptide-1 receptor agonist

GLP-1 medicines work best when combined with healthy eating, exercise, and good lifestyle habits.

**Speak to your healthcare professional for a comprehensive program

References

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2. Mechanick JI, Butsch WS, Christensen SM, et al. Strategies for minimizing muscle loss during use of incretin-mimetic drugs for treatment of obesity. *Obes Rev* 2025;26(1)
3. Deng Y, Park A, Zhu L, Xie W, Pan CQ. Effect of semaglutide and liraglutide in individuals with obesity or overweight without diabetes: a systematic review. *Therapeutic advances in chronic disease*. 2022 Jul;13:20406223221108064.
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Nestlé Health Science is not a manufacturer of GLP-1 receptor agonist (RA) therapies. Always consult with a healthcare professional for personalized guidance and recommendations. It is important for patients taking GLP-1 therapies to consider their nutritional needs.