

Understanding GLP-1s & What to Expect

A Guide to Getting Started with GLP-1 Medications

What Are GLP-1 Medications?

GLP-1 receptor agonists are prescription medications that support weight loss and blood sugar control. They work by:

- ✓ **Reducing Appetite** – Helping you feel full longer & naturally eat less
- ✓ **Slowing Digestion** – Keeping food in your stomach longer to promote fullness
- ✓ **Regulating Blood Sugar** – Improving insulin sensitivity & reducing cravings

⚙️ **These medications do not work alone**—for best results, pair them with healthy nutrition, movement, and long-term habit changes.

Common Side Effects & How to Manage Them

While GLP-1s are effective, they can cause side effects as your body adjusts. Here's what to expect and how to manage them:



Nausea & Upset Stomach

- Eat small, frequent meals instead of large portions

- Avoid greasy, spicy, or heavily processed foods
- Sip ginger tea, peppermint tea, or clear broths
- Try bland foods like crackers, toast, or Greek yogurt



Slowed Digestion & Constipation

- Drink at least 64 oz of water per day
- Increase fiber slowly (veggies, whole grains, chia/flax seeds)
- Move your body daily (even light walks help digestion!)
- Consider a probiotic to support gut health



Fatigue & Low Energy

- Ensure you're eating enough protein & calories
- Prioritize good sleep habits (consistent bedtime, no screens before bed)
- Move gently—low-impact exercise can boost energy
- Stay hydrated & check electrolyte levels (magnesium, potassium)



Setting Realistic Weight Loss Expectations

Weight loss is a journey, not a race! GLP-1s support steady, sustainable weight loss, but results vary for everyone.

What to Expect:

- ✓ **1-2 pounds per week** is typical, but some may lose faster or slower
- ✓ Weight loss is not linear—expect plateaus and fluctuations
- ✓ Focus on long-term changes rather than just the scale

Beyond the Scale: Other Signs of Progress

- Increased energy levels
- Better blood sugar control
- Improved sleep & digestion
- Feeling more in control of eating habits

Beyond Medication: Building Lifelong Habits

GLP-1s are a tool, not a cure. The key to long-term success is creating healthy habits you can maintain whether or not you stay on the medication.



Prioritize Protein – Prevents muscle loss, keeps you full longer



Eat Whole Foods – Lean proteins, fiber-rich veggies, healthy fats



Stay Active – Strength training & walking help maintain results



Mindful Eating – Listen to hunger/fullness cues & avoid emotional eating



Stay Hydrated – Prevents fatigue, headaches & supports digestion

Your Next Steps

01

Be patient with your body

It takes time to adjust

02

Track progress beyond the scale

Energy, mood, and habits matter

03

Reach out for support

Your dietitian, healthcare team, and community are here to help



You've taken the first step—now let's make it last!

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