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No.
07

The GLP-1 Strong Edit

Keep your muscle, hair and glow while you lose weight on a GLP-1.

Built by Camille

FIELD GUIDE · 12-WEEK WORKBOOK · EXERCISE CARDS · PRINTABLES

Hi, I'm Camille.

This edit is for women on a GLP-1 medicine who want the weight loss and not the rest: the tiredness, the weaker arms, the hair in the shower drain and the face that suddenly looks older.

A smaller appetite makes it easy to eat too little protein and to stop moving. Muscle goes along with the fat, and muscle is the part you want to keep.

Four habits protect it: protein at every meal, strength training twice or three times a week, fiber and fluids, and steady tracking. Twelve weeks to build them, and a plan for after.



your host, Camille

HOW THIS EDIT WORKS

The plan, recipes and worksheets were written by the SOUL team from published research and public health guidance. It is education, not medical advice, and it never asks you to change your medicine. The photos show the mood; they are not customer results or exercise demonstrations.

— Camille

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Everything in your kit.

Read the guide first, then use the tools that suit you. You don't need them all.

1

The field guide

What changes on a GLP-1, your protein number, a small-appetite food guide, a 12-week dumbbell plan, side effects, hair, skin and face, and life after the dose changes.

2

The 12-week workbook

Your numbers, questions for your prescriber, a weekly tracker, a strength log and a protein log. US Letter and A4.

3

Exercise cards

The eight strength moves on cut-out cards with the cues and the dose.

4

Door cards

The protein-first plate and the side effects to call your prescriber about.



CAMILLE'S RULE

Protein first, then everything else. On a small appetite, the first few bites of every meal should be the protein.

Camille

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Your first fifteen minutes.

Your current weight, a calculator and tomorrow's meals.

1

Find your protein range

Find your weight in the table in chapter 2 and write your daily range on workbook page 1. Ask your prescriber or a dietitian to confirm your number.

2

Split it into meals

Divide by three or four. For most women that's about 25 to 35 grams a meal.

3

Plan tomorrow

Pick one protein from the food list for each meal tomorrow. Write them down.

4

Book two strength sessions

Put two 30-minute sessions in your calendar this week. Chapter 3 tells you exactly what to do.

✦ BEFORE YOU START

This is education, not medical advice. It doesn't replace your prescriber, and it never asks you to change your medicine or dose. If you have kidney disease, diabetes medicines that can cause low blood sugar, an eating disorder history, or you're pregnant or planning to be, talk to your prescriber before changing how you eat or train.

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Fat, muscle and the scale.

When you lose weight, you lose some lean mass along with fat. How much depends on what you eat and how you move.

In a body-composition substudy of STEP 1, roughly two fifths of the weight lost was lean mass (which includes muscle, water and organs), and the rest was fat. Other studies of rapid weight loss show the same pattern: the faster and lower in protein the diet, the more lean mass goes.

WHY MUSCLE MATTERS	WHAT IT DOES FOR YOU
Strength	Carrying shopping, climbing stairs, lifting a suitcase.
Shape	Muscle under the skin gives arms, legs and glutes their shape as fat comes off.
Blood sugar	Muscle is one of the main places your body stores and uses glucose.
Bones and ageing	Strength training supports bone and balance, especially around and after menopause.
Keeping weight off	More muscle makes it easier to stay active after the medicine changes.

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Find your number.

Many dietitians suggest about 1.2 to 1.6 grams of protein per kilogram of body weight a day while losing weight. Some use your goal weight instead. Ask your prescriber or a dietitian which suits you.

BODY WEIGHT	DAILY PROTEIN (1.2–1.6 G/KG)	PER MEAL (÷ 4)
55 kg (121 lb)	66–88 g	16–22 g
65 kg (143 lb)	78–104 g	20–26 g
75 kg (165 lb)	90–120 g	22–30 g
85 kg (187 lb)	102–136 g	26–34 g
95 kg (209 lb)	114–152 g	28–38 g
105 kg (231 lb)	126–168 g	32–42 g

✦ KIDNEY DISEASE IS THE EXCEPTION

If you have kidney disease or reduced kidney function, don’t raise your protein without your doctor’s advice.

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How the plan works.

Two full-body workouts, A and B, alternated two or three times a week. About 30 to 40 minutes each.

WEEKS	SETS	EFFORT
1–4	2 sets per move	Learn the moves. Finish each set with 3 or 4 reps left in the tank.
5–8	3 sets per move	Finish each set with 2 or 3 reps left in the tank.
9–12	3 sets, heavier	Choose weights where 8 to 10 reps feel hard, with 1 or 2 left.

1. **Use double progression**

   Pick a weight you can lift 8 times with good form. When you reach 12 reps on every set, go up a weight next session.

2. **Rest between sets**

   One to two minutes. Rest is part of the training.

3. **Warm up**

   Five minutes of walking, then one light set of the first move.

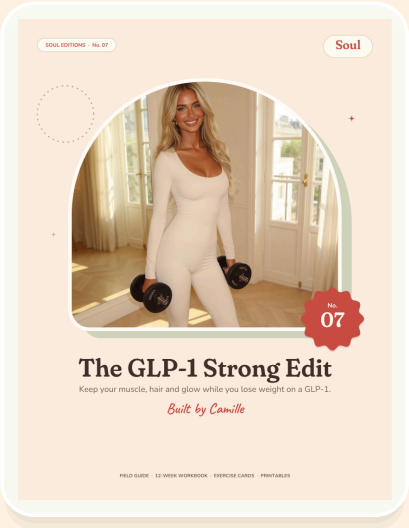
✦ THE WHO RECOMMENDS

Muscle-strengthening activity on two or more days a week, plus 150 to 300 minutes of moderate activity such as brisk walking.

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You've read 7 of 32 pages.

The rest of The GLP-1 Strong Edit is one tap away.



IN THE FULL EDIT

- ◯ The field guide
- ◯ The 12-week workbook
- ◯ Exercise cards
- ◯ Door cards

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