



GLP-1 Muscle & Menopause:

**What No One Told You
(But Should Have)**

**A Menopausal Survival Series
by Virginia Crowe
Thrive by Design**

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Disclaimer

I am not a medical doctor, and this information is not intended to diagnose, treat, or replace professional medical advice. I am a Certified Menopause Coaching Specialist, Certified Personal Trainer (NASM), Nutrition Coach, (Precision nutrition) and Wellness Coach, and the insights shared in this eBook are based on my training, professional experience, and extensive research.

The purpose of this guide is to provide education and perspective—especially for women navigating the unique challenges of menopause. It reflects my personal opinion and should not be taken as medical advice.

Always consult with your healthcare provider before starting or stopping any medication, supplement, or weight loss program.

This content is not meant to shame, judge, or discredit anyone's personal choices. Every body and every journey is different. My goal is to empower you with knowledge so you can make informed decisions that support your long-term health and well-being.

About Thrive by Design w/ Virginia Crowe

Thrive by Design was born out of my own personal journey through menopause and a deep desire to change the experience for other women. After facing a terrifying panic attack on a hike—one that resulted in me being airlifted off a mountain—I realized how little support and information was available for women going through such a major transition. My doctor brushed it off as “just perimenopause,” offering no guidance or solutions. She didn't even share with me that hormones fluctuations could cause panic attacks! That moment changed everything for me. I set out on a mission and created my program so women could have a safe place to find answers, or at least be pointed in the proper direction.

With years of experience as a personal trainer, wellness coach, art for healing facilitator, and nutrition coach, I had many of the tools—but I knew I needed to understand menopause on a deeper level. That's why I sought out an excellent certification program and I became a Certified Menopause Coaching Specialist. Thrive by Design is the program I wish I had: a fully customizable blend of fitness, nutrition, mindset, and creative healing, tailored to support the unique and complex needs of women in midlife. Whether online or in person, this program is designed to help you feel informed, empowered, and truly supported.

If you've ever felt confused, dismissed, or alone during this transition—you're not. I'm here, and so is Thrive by Design. Reach out if you have questions. Let's change the narrative together.

Reach out to Virginia directly.

Email: thrivewithvirginia@gmail.com

Let's Talk about GLP-1 Medications

Heard about GLP-1 medications like Ozempic, Wegovy, or Mounjaro and wondering if they're the answer to your stubborn midlife weight gain?

Let's have an honest conversation.

GLP-1s are being marketed everywhere these days—from TikTok influencers to magazine headlines to celebrity interviews. But before you jump in, it's important to understand who these medications were designed for, how they actually work, and why they may not be the magic solution they seem—especially if you're a woman in perimenopause or menopause.

This short guide will give you the facts—science-based but easy to understand—about how your metabolism, muscle mass, and hormones all work together. We'll also talk about the risks of quick fixes, what happens when you stop taking these medications, and how **my Thrive by Design program** can help you lose the **right kind of weight**—the sustainable kind—while protecting your health and muscle.



What is GLP-1 Anyway?

GLP-1 stands for Glucagon-Like Peptide-1, a hormone your body naturally makes to help regulate blood sugar, insulin, and appetite.

Drugs like Ozempic and Wegovy mimic this hormone to help people—primarily those with **Type 2 diabetes or severe obesity**—manage their condition and improve metabolic function.

One of the most noticeable effects? A **dramatic drop in appetite**.

This naturally leads to weight loss. And that's where the hype started.

WHAT IS

GLP-1 / GIP?

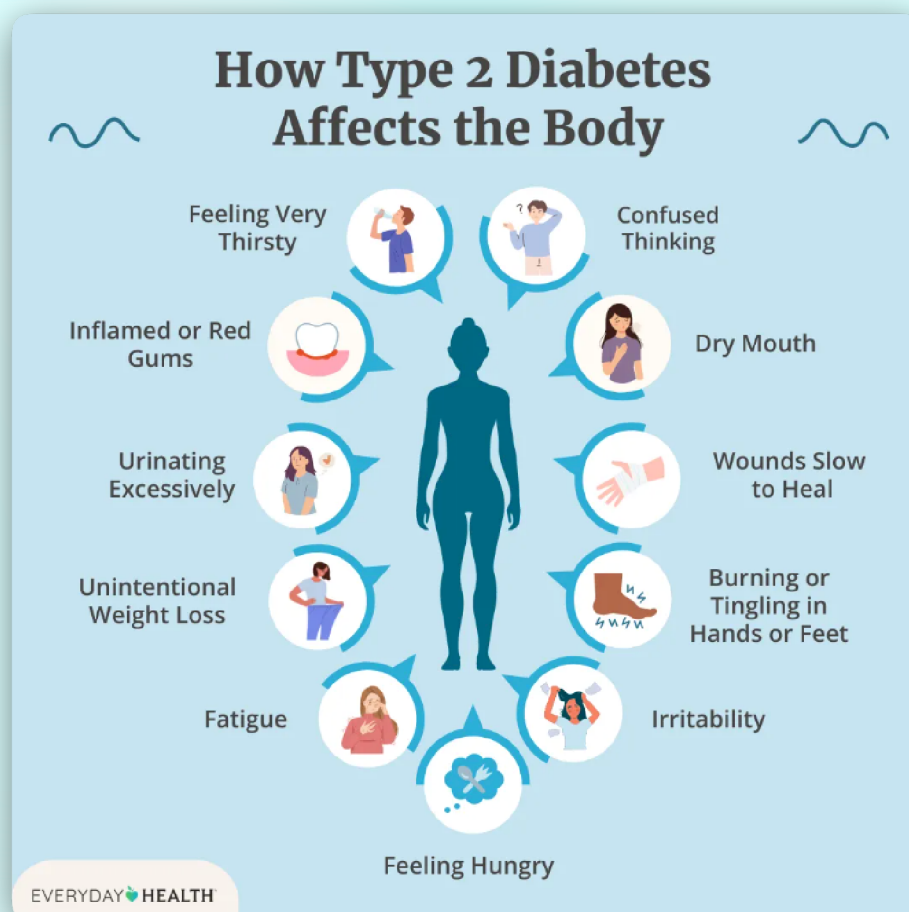


Who Was It Designed For?

These drugs were originally intended for people struggling with serious metabolic health issues—primarily **diabetics and clinically obese patients**, many of whom had tried other methods without success.

In that population, GLP-1s can be life-changing and even life-saving. But that doesn't mean it's the right solution for everyone—especially not for **midlife women dealing with hormonal shifts**.

In fact, most clinical trials were not designed around women in menopause. This means many of the side effects, long-term risks, and specific hormonal interactions are still being understood.





Why GLP-1s Are Risky During Menopause

For women in perimenopause and menopause, **eating less** doesn't necessarily mean **getting healthier**.

When your hormones are already in flux, drastically reducing your food intake can lead to:

- **Muscle loss** (which slows your metabolism)
- **Poor bone health**
- **Fatigue and low energy**
- **Long-term weight gain** after stopping the medication

GLP-1s make you feel less hungry—so you don't eat. But your body still needs **fuel, protein, and nutrients**—especially during this transition.



Muscle Loss, Not Fat Loss

Studies have shown that weight lost while taking GLP-1 medications can include up to **40% lean muscle mass**. That means you're not just losing fat—you're losing the muscle that keeps your bones strong, your metabolism firing, and your energy up.

And here's a frustrating truth: **When women don't eat enough, their bodies often break down muscle for energy—not fat.**

Why? Because **fat stores estrogen**, and your body is trying to hold onto every bit of it during this hormonal rollercoaster.

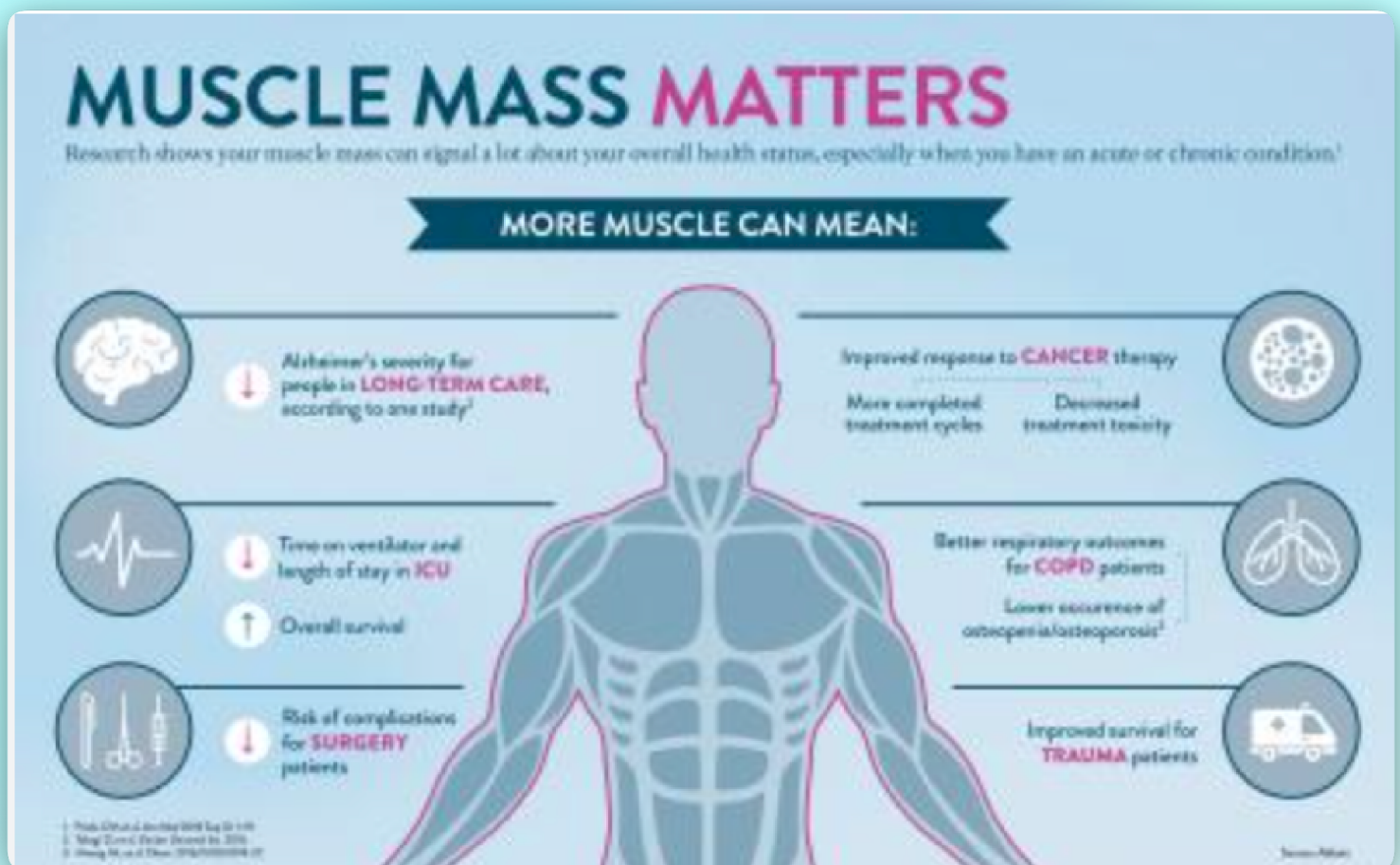
Why Muscle Matters—A Lot

Muscle isn't just about being toned or fitting into your jeans. It's a **metabolic organ** that plays a vital role in your health.

It supports:

- **Bone density** and joint strength
- **Metabolic rate** (how many calories you burn at rest)
- **Insulin sensitivity**
- **Balance, mobility, and injury prevention**

Especially during and after menopause, **muscle is non-negotiable**. Without it, everything gets harder—from maintaining your weight to preventing osteoporosis.





The Truth About Protein and Eating Enough

If you're not eating, you can't maintain muscle. Period.

Your body needs **amino acids from protein** to rebuild tissue and regulate hormone function. During menopause, protein becomes even more critical as your body tries to adapt to lower estrogen levels.

Recommended intake for women in midlife:

- At least **0.8g–1.2g of protein per pound of body weight**
- **30–40g of protein per meal** for optimal muscle support

When you drastically cut calories—as many do on GLP-1s—you're unlikely to hit those protein targets, which leads to muscle breakdown.

What Happens When You Stop the Medication?

Here's what most people *aren't* told:

- When you stop the medication, your appetite returns—often with a vengeance.
- Your metabolism, now slower due to muscle loss, can't handle the extra food.
- The weight comes back—and it's mostly **fat**.

This cycle leads to weight gain that's harder to lose, lower muscle mass, and an even slower metabolism than before.

This is one of the many reasons **quick fixes don't work**—they create more problems than they solve.



Let's Talk About the Scale

The number on the scale doesn't tell you:

- How much **muscle** you have
- Whether you're **nourished** or starving
- How strong your bones are
- How much energy you have to live your life

At Thrive by Design, we help you shift the focus from “weight loss” to **health gain**—which includes more strength, better sleep, improved mood, and long-term body confidence.





Celebrities and the GLP-1 Illusion

Many celebrities who tout miraculous weight loss transformations **don't tell you the whole story.**

Here's what they often *don't* mention:

- They're taking **other medications**, supplements, or hormones.
- They have **private chefs, personal trainers, and daily massages.**
- Some have undergone **plastic surgery** or cosmetic procedures.
- And many are **paid to promote products** they don't even use.

Watch for red flags like: "Click here and use my code for 10% off..."

If someone is making money from your purchase, their recommendation may not be completely unbiased.



There Are No Quick Fixes

Repeat that with me: **There. Are. No. Quick. Fixes.**

If there were, we'd all be walking around in peak health with zero effort. The truth is, **your health is a long game.**

And at this phase of life, your strategy needs to shift. You need a program that works *with* your hormones—not against them.

What Makes Thrive by Design Different?

My **Thrive by Design** program is built specifically for women in menopause and perimenopause who want to:

- Lose **fat**, not muscle
- Support hormone balance
- Build strength and energy
- Eat enough food to feel great—not guilty
- Feel confident and strong for decades to come

We combine **science-backed strategies** with **compassion, accountability, and personalization**. You won't find crash diets or one-size-fits-all approaches here—just tools that work for **your body, your hormones, and your goals**.



Ready to Get Strong, Fueled, and Thriving?

If you're tired of guessing, hoping, or falling for the next “miracle” trend, I invite you to take a different path—one rooted in knowledge, strategy, and *real* results.

Visit www.thrivewithvirginia.com

Email me at thrivewithvirginia@gmail.com

Or text me directly at **949-290-9445** to get started.

Let's build something better—together



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