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HEALTHY
HABITS FOR **DAILY**
SUCCESS

HABITS

[HABIT 01]
NUTRITION

FUEL WITH INTENTION


GLP-1 may reduce appetite, but under-eating protein or skipping meals can lead to muscle loss and low energy. Your goal is not to eat less. It's to eat intentionally.

Focus on:

- Protein at every meal to preserve lean muscle
- Whole, minimally processed foods
- Fiber-rich carbs to support digestion and steady energy
- Balanced meals instead of grazing

Smaller portions are normal while on GLP-1, but quality matters more than quantity. Prioritize nutrient-dense foods that support training, recovery, and long-term metabolic health.



A woman and a man are performing squats in a gym. The woman is on the left, wearing a blue sports bra and grey leggings, with her hands clasped in front of her. The man is on the right, wearing a grey t-shirt and black shorts, also with his hands clasped. They are both looking forward. The background is a blurred gym setting with various pieces of equipment.

[HABIT 02]
MOVEMENT & EXERCISE

TRAIN TO STAY STRONG

When weight decreases, muscle can decrease too unless you actively protect it. Strength training is non-negotiable on a GLP-1 journey.

Aim for:

- Resistance training 2 to 4 times per week
- Progressive overload to maintain strength
- Daily walking for metabolic support
- Mobility and recovery work

The goal is not just to weigh less. It's to be stronger, more capable, and metabolically resilient. Training preserves muscle, supports metabolism, and improves body composition.

[HABIT 03]
HYDRATION

SUPPORT PERFORMANCE & DIGESTION



GLP-1 can blunt thirst cues, which makes intentional hydration critical.

- Start the day with water
- Sip consistently throughout the day
- Add electrolytes if intake is low or workouts are intense
- Monitor urine color as a simple hydration check

Proper hydration supports digestion, reduces fatigue, improves workout performance, and helps manage common side effects like nausea or constipation.

STRUCTURE CREATES MOMENTUM

[HABIT 04]
HEALTHY HABITS



GLP-1 helps regulate appetite, but it does not replace routine.

Build structure by:

- Scheduling workouts like appointments
- Planning meals ahead of time
- Creating consistent sleep routines
- Keeping tempting foods out of sight

Small systems remove decision fatigue. When habits become automatic, results become sustainable.



[HABIT 05]
MENTAL CLARITY

STRENGTHEN THE INNER GAME

Physical change can bring emotional change. Energy levels fluctuate. Motivation shifts. Expectations can get ahead of reality.

Stay grounded by:

- Defining your reason for starting
- Focusing on progress over perfection
- Expecting plateaus and staying patient
- Celebrating non-scale victories

GLP-1 supports appetite regulation. Your mindset supports long-term adherence and identity change. This is not just about losing weight. It's about building a new standard for how you live.