



A Real Shot at Success: Kitsap's Guide to Semaglutide

A 3 part plan for making your semaglutide results last - physically and mentally

If you're taking Ozempic, Wegovy, or Zepbound, you've already taken a powerful step. But what comes next? This guide is your real shot at success, the step-by-step fitness, nutrition, and mindset to help you turn short-term weight loss into long-term transformation.

These medications don't build muscle. They don't teach healthy habits. And they don't create a plan for what happens next.

That's where your **path** matters most.

Whether you do nothing, focus only on cardio, or commit to resistance training... Whether you eat less without direction or build a solid foundation with nutrition... Whether you silence cravings or take the time to understand them...

Each path leads somewhere. Some to relapse. Some to resilience. Some to real change.

1. FITNESS PATH

Do Nothing

You eat less, you move less, and yeah you lose weight. But not just fat. You're also losing

muscle. That means a slower metabolism, decreased strength, and a higher chance of regaining the weight later.

🛑 *Weight loss without resistance training is like draining the pool but leaving the leak.*

Do Cardio Only

Better than nothing, right? Sure. But cardio burns calories, not necessarily fat. Without strength training, cardio can accelerate muscle loss, increase fatigue, and doesn't do much for posture, bone health, or long-term function.

⚠️ *Cardio is helpful but not enough.*

Do Resistance Training

This is the game-changer. Lifting weights or using bands helps you preserve (or even build) lean muscle while you're in a calorie deficit. That means better metabolism, stronger joints, improved posture, and real body recomposition. You're not just getting smaller, you're getting stronger.

✅ *Strength is your best strategy for sustainable results.*

2. NUTRITION PATH

⚠️ **Do Nothing**

The appetite suppression from semaglutides makes it easy to skip meals or eat next to nothing. But that leads to nutrient deficiencies, low energy, and muscle breakdown. Not a great combo.

🛑 *Less food ≠ better health.*

Eat Less

This is the common trap...eating smaller portions but still not eating smart. You end up under-eating protein, skimping on hydration, and wondering why your strength, focus, and recovery are tanking.

⚠️ *Quantity without quality doesn't build success.*

Make Foundational Changes

Now we're talking. Prioritize 30–35g of protein per meal, keep your water intake high, and build meals around whole, minimally processed foods. And yes, you can still enjoy the occasional treat. Living well doesn't mean living restricted. It means making strong choices your *norm*, not your exception. Consider therapy or support to understand *why* cravings happen, not just suppress them.

✓ *Fuel your body instead of fighting it.*

3. MINDSET PATH

Do Nothing

You focus on the physical side...weight loss, workouts, maybe nutrition, but never stop to explore the *why* behind your eating habits. Emotional triggers, stress responses, and lifelong patterns go unchecked. At first, the medication might feel like it's "fixing" the problem, but when the prescription ends, the cravings return, often stronger than before. And without tools in place, old habits creep back in fast.

🛑 *What you ignore now becomes what controls you later.*

Suppress the Craving

You rely on the medication to mute hunger and avoid the urge to overeat. And for a while, that works. But hunger isn't always physical sometimes it's emotional, habitual, or even environmental. If you never take time to understand those patterns, they'll wait patiently in the background, ready to reappear when stress hits or life gets messy.

⚠️ *Numbing isn't the same as healing.*

Understand the Craving

This is where the real work begins. When you partner with a therapist, counselor, or coach, you start to recognize what's underneath the eating behavior. Maybe it's stress, boredom, shame, loneliness, or simply habit. Through awareness and support, you build real strategies to manage emotions, reframe behaviors, and stay consistent even when things get hard.

✓ *Mental fitness builds physical consistency.*

Your Next Step: Turn This Guide Into Real-World Results

You've taken the shot. Now it's time to build the plan.

This guide gave you the blueprint—now it's time to put it into action. And you don't have to do it alone.

Book a no-fee consultation

We'll map out a movement, nutrition, and mindset plan that fits your goals, your meds, and your life.

Tour our private studio

No mirrors. No crowd. No pressure. Just you, your trainer, and a real plan that works.

See what real success looks like

We've helped dozens of Kitsap locals on semaglutide not just lose weight—but keep it off, feel stronger, and build confidence.

Schedule Now – bcfitstudio.com/shot

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Results should last longer than your prescription. Let's make sure they do.

Disclaimer:

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