

YOUR MEDICATION IS A TOOL. LET'S MAKE SURE IT BUILDS THE RIGHT BODY.

A guide for patients on GLP-1 medications (semaglutide, tirzepatide)

THE PART OF THE SCALE YOU CAN'T SEE

GLP-1 medications are powerful. Most patients lose 15 to 20% of their body weight, and that is life changing. But the scale does not tell you **what** you are losing.

UP TO 40%

Research shows that without strength training and enough protein, up to 40% of the weight lost on these medications can come from lean mass, including muscle. **Lose 30 pounds, and up to 12 of them could be muscle, not fat.**

WHY MUSCLE MATTERS MORE AFTER 40

For women in perimenopause and menopause, the stakes are higher: lower estrogen already works against your muscle before the medication is even in the picture. And muscle is not about bulk. Muscle is:

YOUR METABOLISM

Muscle controls blood sugar and burns calories at rest. The more muscle you lose, the harder it is to keep weight off, and the higher the risk of rebound weight gain after the medication ends.

YOUR BONES

Rapid weight loss lowers the load on your skeleton, and bone responds by weakening. Women already face higher osteoporosis risk after menopause.

YOUR INDEPENDENCE

Carrying groceries, getting off the floor, traveling, keeping up with the people you love. Muscle is quality of life.

YOUR CONFIDENCE

"Toned" is simply muscle you kept. Protecting it is how you end up feeling strong, confident, and genuinely good in your own skin.

THE GOOD NEWS: THIS IS PREVENTABLE

You control **how** you lose weight. Two things protect your muscle while the medication does its job:

1 STRENGTH TRAINING, 3 TO 5 DAYS PER WEEK.

Walking is great for your heart, but cardio does not prevent muscle loss. Your muscles need resistance to get the signal to stay.

2 PROTEIN AT EVERY MEAL.

Most experts recommend a minimum of 90 to 120 grams per day for most adult women, and often more to preserve and build muscle. Protein also keeps you full longer and further reduces cravings. Hitting that target is harder than it sounds on a GLP-1, because your appetite is lower. That is exactly why a plan and accountability matter.

Patients who do both lose mostly fat, keep their strength, and protect their results long after the medication. They also look the way they actually want to look, long term.

YOUR SUPPORT TEAM: THRIVING LIVES

Dr. Stoecklein and Advanced Cosmetic Surgery have partnered with **Marcus Gates, founder of Thriving Lives**, to give our patients expert support in nutrition, fitness, and sustainable habit change. His coaching includes:

- **Personalized nutrition** built around your appetite, your protein needs, and foods that lower inflammation and support liver health
- **Strength training designed for you:** online, in your home, or in the gym, at any fitness level
- **Weekly check-ins and real coaching**, so the changes actually stick
- **Optional weekly 1:1 phone or Zoom coaching calls** for added accountability and support

No extremes. No guilt. Just a clear, sustainable system that evolves with your life and works with your medication instead of leaving results to chance.

PROTECT YOUR MUSCLE. PROTECT YOUR RESULTS.

Mention Advanced Cosmetic Surgery or Dr. Stoecklein for a complimentary consultation.

816-645-7080 | thrivinglivesfitness.com | @thrivinglivesfitness

Stop surviving. Start thriving.



WHAT WORKING TOGETHER LOOKS LIKE



1 FREE CONSULTATION

A relaxed 20 to 30 minute conversation by phone or Zoom. We talk about your goals, your medication timeline, your health history, and what has and has not worked before. No pressure, no sales pitch, just clarity on your best next step.

2 YOUR PERSONALIZED PLAN

You get a nutrition and training plan built for your body, your appetite, your schedule, and your starting point. Clear protein targets, meals you actually want to eat, and workouts that fit your real life.

3 COACHING AND ACCOUNTABILITY

Weekly check-ins, form feedback, and plan adjustments as your medication dose and appetite change. You will have a coach in your corner the entire way, and optional weekly 1:1 phone or Zoom calls when you want extra support.

WAYS TO TRAIN

ONLINE COACHING

Full programming, nutrition, and check-ins through your phone. Train anywhere, on your schedule.

IN-HOME TRAINING

Marcus comes to you with everything needed for a great session, anywhere in the KC metro.

IN-GYM TRAINING

Private 1:1 sessions at Body Shop Gym in Overland Park, with full equipment access.

MEET YOUR COACH: MARCUS GATES

Marcus is a health coach, nutrition coach, and personal trainer, a former educator, and a professional bodybuilder with more than a decade under the bar. He founded Thriving Lives to help adults 38 to 60 build strength and health that lasts, with grace instead of guilt. Trained through the Institute for Integrative Nutrition and currently pursuing national board certification in health and wellness coaching (NBC-HWC), Marcus specializes in protein-forward nutrition, lowering inflammation, supporting liver health, and preserving muscle through hormone transitions and medical weight loss. Alongside coach Renae Hill, he has helped busy parents, professionals, and entrepreneurs turn short-term results into lifelong habits.

"The medication opens the window. Coaching is how you climb through it and stay on the other side. My job is to make sure the weight you lose is the weight you wanted to lose." - Marcus Gates

COMMON QUESTIONS

"I have never lifted weights. Is this for me?"

Yes. Most clients start exactly there. Every program begins at your current level and builds gradually, with form coaching the whole way. You will never be handed a workout you are not ready for.

"What if my appetite is too low to eat that much protein?"

That is one of the most common challenges on a GLP-1, and it is very solvable. Your plan is built around your real appetite, with protein-first meal structure, smaller high-protein options, and strategies that work even on your lowest-appetite days.

"Do I have to join a gym?"

No. You can train online with guidance through your phone, have Marcus come to your home, or meet 1:1 at the gym. A few dumbbells or bands at home are enough to start making real progress.

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