

Reasons Exercise Matters with Semaglutide or Tirzepatide

1. What Are Semaglutide and Tirzepatide Doing for You?

Semaglutide and tirzepatide mimic the GLP-1 hormone to reduce hunger and boost metabolism. These medications, often paired with nurse-supported weight loss programs, help with weight management, blood sugar control, and overall well-being. They're not magic medications, though.



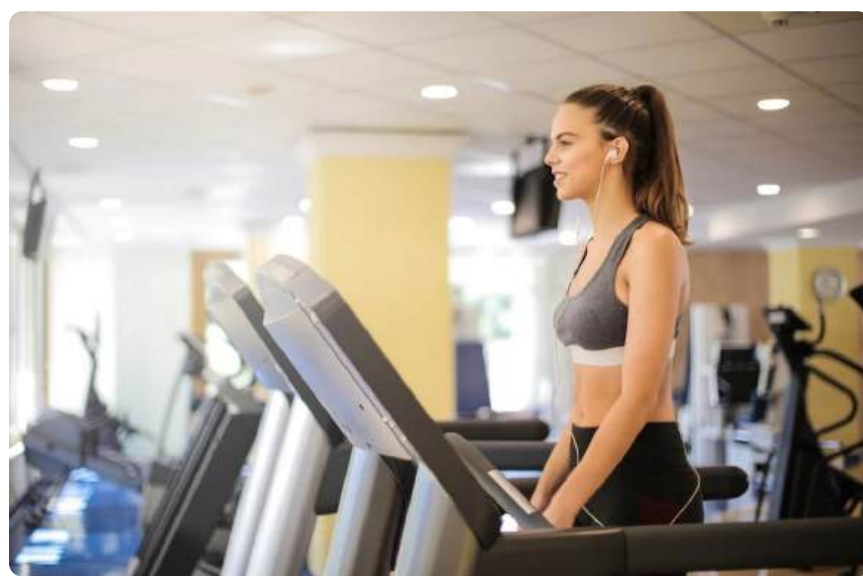
2. Why Is Exercise the Key to Long-Term Success?

So your GLP-1 medication does a lot, but exercise is the cherry on top to boost you to the next level of weight loss success. Exercise in combination with your new medications also helps to prevent muscle loss. Exercise helps preserve—and even build up—your lean muscle content, which is critical for developing a strong metabolism.



3. What Types of Exercise Are Best With GLP-1 Medications?

The “fat burn” setting on the treadmill probably won't give you your dream body by itself. Combining those aerobic (cardio) exercises with resistance (strength) training maximizes the power of the GLP-1 shipped to your home. You'll want to pencil in a balance of both exercise types for your workout routine.



4. Make Exercise a Routine

Above all, consistency is the key to change—not perfection. Whether it's lack of time, energy, or motivation, there's plenty to make us think twice before exercising every day, so it's essential to make exercise a priority and routine. You don't need to spend an hour at the gym every day. Setting aside 30 minutes a few times a week is manageable for most people.