

6

Steps to Your Dream Wedding Body

1. Keep Expectations Realistic

Many brides and grooms feel pressured to lose weight quickly before their wedding, but crash diets and stress aren't the only options. While some users of compounded Mounjaro medication see changes in weeks, others may take months. Focus on how lifestyle adjustments make you feel, not just the number on the scale.



2. Customize Your Plate for Success

Arguably, the most important thing you can do to prepare for the wedding day is to fuel yourself well. Balanced nutrition is key to having energy on your wedding day. Pair your GLP-1 medication with colorful veggies for vitamins and fiber, lean proteins like fish, chicken, or tofu, and healthy fats like avocado or nuts to support fullness and nutrition.

3. Get Moving for Energy

Fitting physical activity between all the wedding prep and to-dos might feel impossible, but even a 15-minute daily walk can clear your head and burn calories—precisely what you need. Just a little movement can help you feel more confident and energized.

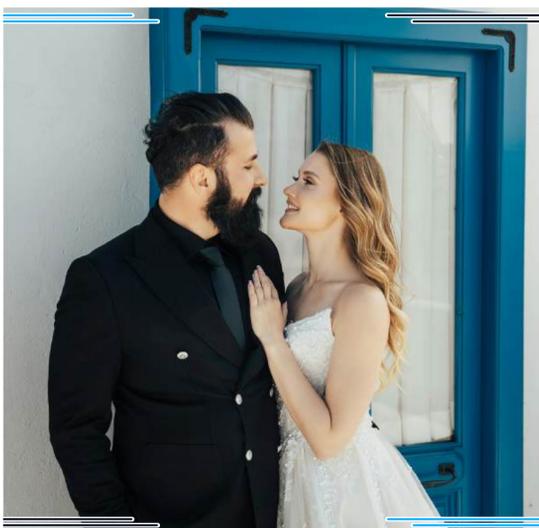


4. Tackle Wedding Stress with Better Habits

Weddings can be stressful, leading to emotional and stress eating. Opt for mindful alternatives like deep breathing or quick meditation instead of late-night snacks, and keep healthy, easy snacks on hand for fuel during your busy schedule.

5. Use Medication Effectively and Safely

When used responsibly, compounded alternatives to Mounjaro and Wegovy can complement a weight loss plan. Dosage adjustments and any side effects you experience should always be discussed with your healthcare provider. Never exceed the recommended dose even if you don't see the desired results.



6. The Big Picture

We know it can be tricky, but think beyond the wedding day. This journey isn't just about one day—it's about creating habits that make every day feel amazing. By starting with your wedding day in mind, you can build habits that last for life, empowering you in the long run.