

The SERVICE™ GLP-1 Exercise Framework

Structured Exercise Support for Patients Using GLP-1 Medications
A Clinical Exercise Referral Resource for Healthcare Providers

Developed by Patrick Service, MS, ACSM-EP
Certified Exercise Physiologist

Supporting Muscle, Strength, and Physical Function During GLP-1 Therapy

GLP-1 medications can produce substantial weight loss, but without appropriately prescribed exercise, patients may also lose lean muscle mass, strength, and physical function. Progressive resistance training and individualized exercise prescription can help preserve muscle, improve functional capacity, and support long-term weight management.

The **SERVICE™ GLP-1 Exercise Framework** is a phase-based exercise program designed to complement medical management throughout the patient's GLP-1 journey.

Program Goals

- ✓ Build muscular strength
- ✓ Preserve lean muscle mass
- ✓ Maintain physical function
- ✓ Establish sustainable exercise habits

Why Refer?

Patients using GLP-1 medications often benefit from individualized exercise guidance as body weight, nutritional intake, medication dose, and physical capacity change throughout treatment.

The SERVICE™ GLP-1 Exercise Framework provides structured exercise progression that adapts to each phase of therapy while supporting safe, sustainable improvements in strength and function.

The Four Phases of The SERVICE™ GLP-1 Exercise Framework

BUILD

1. Reduced Dose – Build the Foundation

- Safe exercise initiation
- Learn movement patterns
- Build exercise confidence
- Begin resistance training

PRESERVE

2. Full Dose – Muscle Preservation & Fitness Progression

- Progressive resistance training
- Preserve lean muscle
- Improve strength
- Improve physical capacity

PREPARE

3. Tapering – Transition

- Maintain strength
- Adjust exercise during medication changes
- Build long-term independence
- Support successful transition

MAINTAIN

4. Off GLP-1 – Long-Term Health

- Lifelong strength training
- Sustainable physical activity
- Long-term weight management support
- Maintain strength and function

When to Consider Referral

Consider referral for patients who:

- ✓ Are starting GLP-1 therapy
- ✓ Are new to resistance training
- ✓ Need guidance developing an exercise routine
- ✓ Want to maintain muscle during weight loss
- ✓ Are transitioning medication doses
- ✓ Need support maintaining results long term

What Patients Receive After Referral

Exercise Physiology services include:

- ✓ Exercise readiness assessment
- ✓ Individualized exercise programming
- ✓ Resistance training instruction
- ✓ Movement technique coaching
- ✓ Progression based on treatment phase and individual ability
- ✓ Home and/or gym-based exercise strategies

Collaborative Patient Care

The **SERVICE™ GLP-1 Exercise Framework** is designed to complement medical management. Exercise recommendations are individualized according to each patient's medical history, functional status, treatment phase, exercise experience, and the referring healthcare provider's recommendations.

About Patrick Service, MS, ACSM-EP

Patrick Service, MS, ACSM-EP, is an **ACSM Certified Exercise Physiologist®** and founder of **YOUTRAINFITNESS®** in Durham, North Carolina. He specializes in individualized exercise prescription for weight management, chronic disease, healthy aging, and patients using GLP-1 medications.

Professional Credentials

ACSM Certified Exercise Physiologist® | ACSM Certified Personal Trainer® | NASM Corrective Exercise Specialist | NASM Performance Enhancement Specialist

Refer a Patient → <https://youtraifitness.com/clinical-referral-form/>

Patients appropriate for referral include individuals using GLP-1 medications who would benefit from individualized exercise physiology services focused on muscle preservation, strength development, physical function, and long-term health.

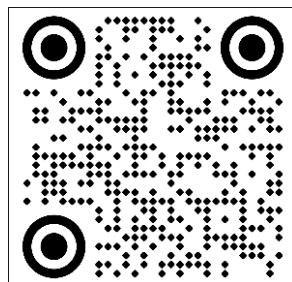
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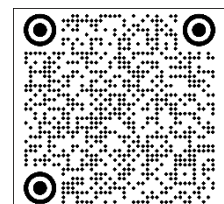
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REFERRAL GUIDE &
PROGRAM INFORMATION

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