

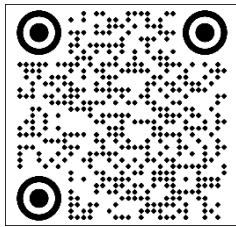
Protect Your Muscle While Losing Weight with GLP-1 Medications

Build strength. Preserve muscle. Create consistency (stay active for life).

The **SERVICE™ GLP-1 Exercise Framework** is a personalized, four-phase exercise program developed by **Patrick Service, MS, ACSM-EP**, to help individuals safely exercise before, during, and after treatment with GLP-1 weight-loss medications.

Request Your Exercise Consultation

Scan the QR code 



or visit: youtrainfitness.com/glp1

Why Exercise Matters

GLP-1 medications help many people achieve meaningful weight loss, but they can also contribute to loss of muscle mass. An individualized exercise program can help you:

- ✓ Build strength and confidence
- ✓ Preserve muscle while losing weight
- ✓ Improve energy and physical function
- ✓ Make everyday activities easier
- ✓ Support long-term weight management
- ✓ Develop healthy exercise habits that last

No exercise experience is necessary. Your program is designed around your current fitness level, medical history, and personal goals.

The SERVICE™ GLP-1 Exercise Framework — Your Four-Phase Exercise Journey

Phase 1 – Starting GLP-1 Medication

Learn safe movement patterns, build confidence, and begin a personalized strength-training program.

Phase 2 – Active Weight Loss

Progress your exercise program to preserve muscle, improve fitness, and increase strength.

Phase 3 – Medication Changes

Adjust your exercise plan as your medication changes while maintaining the progress you've made.

Phase 4 – After GLP-1 Treatment

Continue lifelong movement habits that support strength, health, and quality of life.

What to Expect

Your consultation and exercise program may include:

- ✓ Exercise readiness assessment
- ✓ Personalized exercise prescription
- ✓ One-on-one instruction with an Exercise Physiologist
- ✓ Home- or gym-based exercise options
- ✓ Progressive program adjustments
- ✓ Ongoing support throughout your GLP-1 journey

Who Can Benefit?

Exercise support may be helpful if you:

- ✓ Are starting or currently using a GLP-1 medication
- ✓ Are new to exercise
- ✓ Want guidance with strength training
- ✓ Are concerned about losing muscle during weight loss

Why Choose YOUTRAINFITNESS® Exercise Physiology?

You'll receive one-on-one care in a private, supportive environment focused on helping you exercise safely and confidently.

Our approach is:

- ✓ Individualized
- ✓ Evidence-informed
- ✓ Strength-focused
- ✓ Adapted to your Phase of GLP-1 treatment
- ✓ Designed to support long-term success

About Patrick Service, MS, ACSM-EP

Patrick Service is an **ACSM Certified Exercise Physiologist®** and founder of **YOUTRAINFITNESS®** in Durham, North Carolina. He specializes in helping adults safely begin and maintain exercise programs, including individuals using GLP-1 medications for weight management.

Ready to Take the Next Step?

Talk with your healthcare provider or scan the QR code to request your consultation today.

Patrick Service, MS, ACSM-EP
Certified Exercise Physiologist

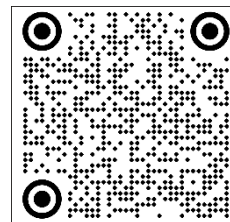
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Exercise Physiology

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