

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

GLP-1 medications play an important role in weight management. Individualized exercise complements medical treatment by helping preserve lean muscle, improve strength and physical function, and support long-term health throughout the GLP-1 treatment journey.

The **SERVICE™ GLP-1 Exercise Framework** provides phase-based exercise support to help patients:

- ✓ Preserve lean muscle during weight loss
- ✓ Improve strength and physical function
- ✓ Build confidence with exercise
- ✓ Develop long-term movement habits

Why Refer for Exercise Support?

Patients using GLP-1 medications may experience changes in muscle mass, strength, energy, and exercise confidence. Structured exercise programming provides the resistance training stimulus needed to support physical capacity and long-term health.

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
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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 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 based on each patient's medical history, physical function, treatment phase, exercise experience, and healthcare provider recommendations.

About Patrick Service, MS, ACSM-EP

Patrick Service, MS, ACSM-EP, is a certified Exercise Physiologist and founder of YOUTRAINFITNESS® in Durham, North Carolina. He specializes in helping individuals safely begin and maintain exercise programs, including those using GLP-1 medications for weight management.

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/>

Healthcare providers may refer patients using GLP-1 medications who would benefit from individualized exercise physiology services focused on strength development, muscle preservation, and long-term physical function.

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