

The SERVICE[™] GLP-1 Exercise Framework



A four-phase exercise system developed by Patrick Service, MS, ACSM-EP, that matches exercise progression to each stage of GLP-1 treatment to help preserve muscle, improve function, and support long-term weight management.

Building Strength, Confidence, and Long-Term Health During Your GLP-1 Journey

Patrick Service, MS, ACSM-EP
Certified Exercise Physiologist

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GLP-1 medications can support weight management, but exercise plays an important role in helping you maintain strength, preserve muscle, improve daily function, and build habits that last.

The **SERVICE[™] GLP-1 Exercise Framework** provides personalized exercise support throughout each stage of your treatment journey.

Why Exercise Matters During GLP-1 Treatment

As your body changes, exercise can help you:

- ✓ Maintain muscle while losing weight
- ✓ Build strength and confidence
- ✓ Improve energy and physical function
- ✓ Create sustainable healthy habits
- ✓ Prepare for long-term success after medication changes

Your Exercise Journey: Four Phases of Support

Starting Treatment

Build confidence with safe exercise, movement instruction, and beginner-friendly strength training.

During Weight Loss

Progress strength training to support muscle, fitness, and physical function.

During Medication Changes

Adjust your exercise plan while maintaining your progress and independence.

After GLP-1 Treatment

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

What You Can Expect

Your individualized exercise program may include:

- Exercise readiness assessment
 - Strength training instruction
 - Home or gym-based options
 - Personalized progression
 - Guidance through treatment transitions
 - Strategies for long-term maintenance
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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
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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.

Credentials:

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

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