

The Role of Muscle Mass in Long-term Weight Loss Success

Build Strength, Not Just Weight Loss: Why Muscle Matters



The Problem

- **Fact:** Weight loss often leads to loss of lean muscle mass.
- **Impact:** Reduced muscle mass lowers resting metabolic rate (RMR), leading to increased risk of weight regain.



The Benefits of Maintaining Muscle Mass

- **Increased Fat Loss:** Preserved muscle mass improves fat metabolism.
- **Sustained Weight Maintenance:** Higher RMR supports long-term results.
- **Improved Health Markers:** Positive effects on glucose control, insulin sensitivity, and cardiovascular health.



Effective Strategies for Muscle Preservation

- **Exercise Focus:**
 - Resistance training: Builds and maintains muscle.
 - 2 days/week endurance training: Supports fat loss while preserving lean mass.
 - 150 minutes/week moderate-intensity exercise.
- **Nutrition Tips:**
 - High-protein diet: ≥ 1.2 g/kg body weight/day for satiety and muscle preservation.
 - Balanced caloric restriction: Avoid extreme deficits to prevent muscle breakdown.



Integrating Pharmacologic and Lifestyle Approaches

- **Combine medications** like GLP-1 receptor agonists and GIP/GLP-1 co-agonists (semaglutide and tirzepatide) with structured exercise and diet.
- **Use body composition monitoring tools** (BIA) to track progress.
BIA, bioelectrical impedance analysis.

Let's help patients build a healthier future by prioritizing muscle health. Start integrating these tips into your practice today!

