

Comprehensive Weight Loss Care: Lifestyle Interventions & Pharmacotherapy

Combining Strength With Strategy for Lasting Weight Loss



The Importance of a Balanced Approach

- Without proper lifestyle interventions during weight loss, muscle loss can surpass optimal limits and can even exceed fat loss
- **Goal:** Maximize fat loss while preserving lean muscle mass for sustainable results



The Role of Pharmacologic Agents

- Newer medications like semaglutide and tirzepatide achieve significant fat loss and lean mass loss (>20%)
- **Challenge:** Risk of disproportionate lean mass loss without supportive lifestyle changes



Lifestyle Interventions for Maintaining Muscle Mass in Weight Loss

- **Exercise Recommendations:**
 - 150 minutes of moderate aerobic activity + resistance training twice weekly
 - SMART goals for patient adherence and motivation
- **Dietary Advice:**
 - High-protein meals and snacks: Preserves lean mass and enhances satiety
 - Smaller more frequent meals that are high protein and low fat can help improve overall intake
 - Address GI side effects to ensure adequate intake



Tools for Healthcare Professionals

- **Assessment Tools:**
 - BIA for body composition tracking
 - BIA, *bioelectrical impedance analysis*
- **Patient Engagement Strategies:**
 - Behavioral support: Address emotional triggers and barriers
 - Nutrition planning and monitoring
 - Digital tools: Use apps for tracking activity, nutrition, and progress

Together, let's empower our patients with a holistic plan for safe, effective weight loss. Consult, collaborate, and customize their journey.

