

Your Guide to GLP-1 Success

Lose weight. Feel stronger. Keep it off.

GLP-1 medications like semaglutide and tirzepatide are powerful tools for weight loss and metabolic health — but they are not magic on their own. At Keystone, we believe in doing this the right way, so you not only lose weight, but you feel stronger, healthier, and keep it off long-term.

The Truth About GLP-1s

What they DO

- ✓ Reduce appetite
- ✓ Improve blood sugar
- ✓ Support weight loss

Without the right habits

- You may lose muscle
- Experience fatigue and weakness
- Plateau or regain weight later

The 5 Pillars of Success

These habits turn your medication into lasting results.

1

Strength training is essential

Resistance training protects the muscle you have and builds more. More muscle means a faster metabolism, better bone density, and a body that burns calories even at rest. Aim for 2–3 sessions per week.

2

Walk daily

A daily walk supports digestion, mood, blood sugar, and cardiovascular health. Movement matters every single day — even 20–30 minutes makes a real difference.

3

Hydration is non-negotiable

GLP-1s slow gastric emptying, which can mask thirst and contribute to fatigue, headaches, and constipation. Aim for half your body weight in ounces of water each day, and add electrolytes when needed.

4

Prioritize protein

Protein preserves lean muscle, keeps you full, and stabilizes blood sugar. Aim for 0.7–1.0 gram per pound of goal body weight, spread across meals — and eat protein **FIRST** at every meal.

5

Choose smart carbohydrates

Focus on fiber-rich, whole-food carbs: vegetables, fruit, beans, and whole grains. These fuel your workouts and gut health without the blood sugar swings of refined carbs and added sugar.

Your Daily Game Plan

A simple daily checklist to put the pillars into action.

Every day

- Eat protein at every meal (start with it)
- Drink half your body weight in oz of water
- Walk for at least 20–30 minutes
- Fill half your plate with vegetables
- Get 7–9 hours of sleep

Every week

- Strength train 2–3 times
- Take your medication on schedule
- Track weight and measurements
- Plan and prep meals ahead
- Check in with how you feel

When to Reach Out to Us

Severe nausea or vomiting that won't subside, signs of dehydration, persistent abdominal pain, unusual fatigue or weakness, rapid weight loss, or any symptom that concerns you. Don't push through — call our office. Your provider can adjust your dose or plan to keep you on track safely.

The Keystone Difference

We don't just prescribe a medication and send you on your way. We partner with you on nutrition, movement, hydration, and habits — so the weight you lose stays lost, and the body you build is one you're proud of.

Because GLP-1s reduce your appetite, getting enough protein, vitamins, and minerals from food alone can be a real challenge. We offer medical-grade supplements, including a GLP support stack, to help you fill those nutritional gaps with quality products you can trust — because we care about how you feel, not just what the scale says.

Keystone Wellness & Weight Loss Center

11 Fairlane Road, Reading, PA • 610-340-4569 • keystonewellnessandweightloss.com