





PHYSICAL ACTIVITY





Moving Your Body on Obesity Management Medications


Physical activity helps protect your strength, balance, and energy—especially when taking GLP-1 or other weight management medicines.

Why Strength (Resistance) Training Matters

When you lose weight, it is normal for the body to lose some muscle along with fat. This can affect strength, energy, and how your body uses calories. Strength (resistance) training helps you hold on to muscle while you lose weight. Keeping muscle supports balance, daily activities, blood sugar control, and long-term health. Meaningful progress can be made without a gym. Simple movements done regularly can help protect your body during weight loss. Access to equipment or coaching can help you progress further over time.

MOVEMENT	LEARN THE MOVEMENT	BUILD CONFIDENCE	ADD RESISTANCE OR CHALLENGE	PROGRESS AS YOU GET STRONGER
 <p>Squat</p>	<ul style="list-style-type: none"> • Sit-to-stand from chair • Partial bodyweight squats • Use hand support if needed 	<ul style="list-style-type: none"> • Chair squats without arms • Full bodyweight squats • Lower with control 	<ul style="list-style-type: none"> • Goblet squats • Squats with resistance bands • Move faster on the “up” while controlling the “down” 	<ul style="list-style-type: none"> • Heavier goblet or barbell squats • Leg press machine • Deeper range and more resistance over time

MOVEMENT	LEARN THE MOVEMENT	BUILD CONFIDENCE	ADD RESISTANCE OR CHALLENGE	PROGRESS AS YOU GET STRONGER
 <p>Hip Hinge</p>	<ul style="list-style-type: none"> • Reach toward your knees as you push your hips back • Lift light objects from knee height • Use back of sturdy chair for support 	<ul style="list-style-type: none"> • Reach lower toward your toes while pushing hips back • Lift slightly heavier objects from lower surfaces • Move slower on the way down and stand up with control 	<ul style="list-style-type: none"> • Hold a weight close to your body while lifting • Use dumbbells, kettlebells, or resistance bands • Lower with control and stand up with more power 	<ul style="list-style-type: none"> • Heavier deadlift movements • Lift heavier objects from closer to the floor • Increase resistance over time
 <p>Push</p>	<ul style="list-style-type: none"> • Wall push-ups • Countertop push-ups • Seated band presses 	<ul style="list-style-type: none"> • Incline push-ups on lower surfaces • Knee push-ups • Lower slowly and press up with control 	<ul style="list-style-type: none"> • Progress to floor push-ups or add weight (such as a vest or bands) • Use free weights, resistance bands, or machines for pressing • Lower with control and press up with more power 	<ul style="list-style-type: none"> • Harder push-up variations (decline, tempo, or weighted) • Use heavier free weights or machines • Increase resistance over time
 <p>Pull</p>	<ul style="list-style-type: none"> • Seated band rows • One-arm dumbbell rows • Squeeze your shoulder blades as you pull 	<ul style="list-style-type: none"> • Standing band rows • Bent-over dumbbell rows • Practice pulling toward you (rows) and pulling down (bands or machines) 	<ul style="list-style-type: none"> • Progress to heavier rows or assisted pull-ups • Use free weights, resistance bands, or machines for pulling • Reach out with control and pull with more power 	<ul style="list-style-type: none"> • Harder rowing variations or full pull-ups • Use heavier free weights or machines • Increase resistance over time
 <p>Carry</p>	<ul style="list-style-type: none"> • Hold light objects at your sides • Carry groceries or small bags • Stand tall and walk with control 	<ul style="list-style-type: none"> • Carry weights in both hands for short distances • Walk longer distances while carrying • Keep your steps steady and posture upright 	<ul style="list-style-type: none"> • Progress to heavier carries, uneven carries (one hand), or carries held at the chest • Use free weights, kettlebells, or loaded bags • Walk with control and move with more purpose 	<ul style="list-style-type: none"> • Carry heavier weights or hold the load in harder positions • Walk farther or carry on hills or stairs • Walk faster while staying in control

MOVEMENT	LEARN THE MOVEMENT	BUILD CONFIDENCE	ADD RESISTANCE OR CHALLENGE	PROGRESS AS YOU GET STRONGER
 <p>Balance</p>	<ul style="list-style-type: none"> Stand on one foot while holding support Heel raises while holding a chair or counter Keep movements slow and controlled 	<ul style="list-style-type: none"> Stand on one foot without holding support Step forward, backward, or sideways with control Walk heel-to-toe in a straight line 	<ul style="list-style-type: none"> Balance while reaching, turning, or carrying light weight Step more quickly or change directions Stay stable as movements become faster 	<ul style="list-style-type: none"> Practice quick steps, hopping, or light jumping Land softly and regain balance Move faster or react quickly while staying balanced

How Often and How Much?

Start with 1 set of 6–12 repetitions for each movement. Practice these movements most days as short movement breaks or light activity. On 2–3 days per week, complete a strength-focused session where you use harder variations or added resistance for several movements from the table. Over time, build toward doing 2–4 sets of each major movement pattern during these sessions, which aligns with national strength training guidelines. As movements feel easier, increase repetitions, add another set, move to harder variations, or use more resistance.



SAFETY TIPS

- ✓ **Progress gradually.** Start with a smaller range of motion or easier variation if you have symptoms or other limitations.
- ✓ **Move with control.** Lower slowly and lift with purpose. As control improves, gradually add speed or power.
- ✓ **Mild muscle soreness can be normal, but pain should not worsen over time.** Adjust the movement, range, or resistance if symptoms increase.
- ✓ **Choose a safe environment** with stable surfaces, supportive footwear, and enough space to move.
- ✓ **Include easier or lighter movement days** between harder sessions so your body can recover.
- ✓ **Regular movement is generally very safe.** Avoiding activity over time can increase health risks more than participating in well-guided exercise.