



Weight Loss Medication Education

Nutrition: Mediterranean style diet, 1300-1500 calories per day, 30grams of protein per meal, 25 grams of fiber daily, $\frac{1}{2}$ of your weight in ounces of water per day. Use a tracker such as MyFitnessPal or CAL AI.

Exercise: 150mg of zone two cardio exercise per week(think anything you enjoy such as walking, dancing, pickleball, swimming). You can calculate your zone two by googling the formula or think about that you should be able to talk but not sing while doing your cardio. At least three episodes of strength training per week (think anything with resistance such as weight training, Pilates, bar)

Exercise snacks count!!! Do ten squats when getting up from your desk, do 10 push ups against the wall or a desk/ table, walk up the stairs, do calf raises while standing brushing your teeth. Think about what you can do in a short amount of time. Every little bit helps!!!

Two things I like on you tube: HasFit and Walking with a doc. There are so many options out there!!

Side Effect Control:

Nausea: Do injection at night, avoid triggers (usually greasy and high sugar but you need to learn yours and avoid), small meals(cut your portions in $\frac{1}{2}$ of what you would normally eat) (at restaurants, separate and box up before eating), drink eight sips of water before eating meal, eat slowly

These things will also help you want less and feel full!!

Constipation: Get your 25gm of fiber, Drink your $\frac{1}{2}$ weight in ounces of water, walk for 15 minutes after your meal