



YOUR GLP-1 JOURNEY GENERAL TIPS

TIPS FROM OUR NUTRITIONIST



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FITNESS

Incorporate daily walking and regular physical activity into your routine

Strength train to build and maintain muscle mass, increase bone density, and improve overall flexibility



LIFESTYLE

Avoid eating at least 2 hours before sleep

Aim for a minimum of 8 cups of water per day

Avoid sugary drinks

Limit alcohol



SYMPTOMS

Nausea

Eat / drink slowly
Take Nausea (an OTC medication)

Diarrhea

Avoid high fiber foods
Remain hydrated

Constipation

Increase fiber intake
Try VitaMedica SurgiLax or an OTC stool softener