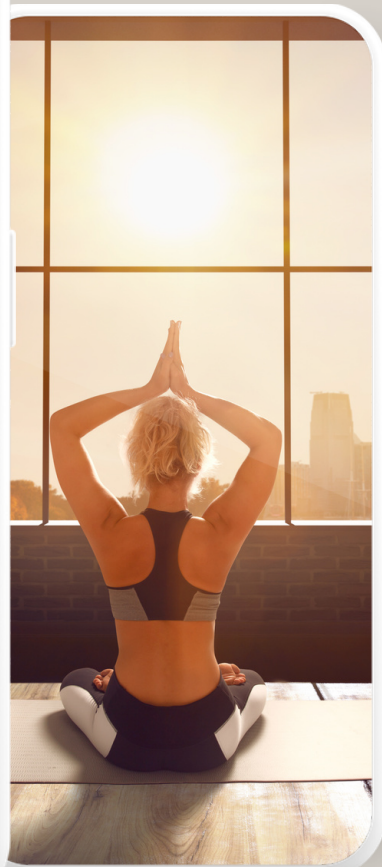


# LIFESTYLE MEDICINE

## GLP-1

A program designed to maximize the effectiveness of these medications through healthy lifestyle changes.





# Session 1:

## GLP1 Health Journey Begins

### Your Health Vision/Purpose Statement:

- Visualize the Future: Imagine yourself a year or five years from now, living at your healthiest. What is your purpose and who are important to you?
- Be Specific and Positive.
- Write in the Present Tense: As if your vision as if it is already happening (e.g., "I am..." rather than "I want to be...").
- Focus on the "Why": Identify motivators behind your desire for good health—such as family, energy, or freedom to travel.
- Keep it Concise: Aim to eventually distill it into a 1–2 sentence statement that inspires you. This way you can use it as a mantra!

# Here are some prompts or questions:

## "Best Self" or Purpose (Visualization)

What does your ideal level of wellness look and feel like?

01

What does your best, healthiest self, feel or look like in everyday life?

02

·  
·

## Core Values & Motivators (The "Why")

What makes this health vision important to you?

03

What good—for you and your loved ones—will come from reaching this vision?

04

# MY HEALTH VISION STATEMENT:

## Examples "I Am" Health Vision/Purpose Statement

- Example 1: I am a role model of good health for myself and all those that come into my life."
- Example 2: "I am managing my stress through mindful routines so that I feel calm, present, and in control of my health".
- Example 3: "I am eating nutrient-dense foods and moving daily so that I have the energy to play with my grandkids and feel strong".

I am:

*Write your answer here*

I feel:

*Write your answer here*

# Fill in the blanks or check off what applies:

GLP-1(a) medications work by changing \_\_\_\_\_ signaling in my body.  
This changes my hunger, satiety, appetite, & therefore behavior.

Understanding My Body on GLP Medications: Appetite Literacy  
1. "What Changed With Hunger?"

- ☐ Constant
- ☐ Sudden/intense
- ☐ Emotional/triggered
- ☐ Chaotic/unpredictable

Before GLP meds,  
hunger usually felt like:

- ☐ Quiet
- ☐ Delayed
- ☐ Subtle
- ☐ Easy to miss

Since starting GLPs,  
hunger feels like:

- ☐ Fatigue
- ☐ Lightheadedness
- ☐ Irritability
- ☐ Nausea
- ☐ Headache

New signals I notice  
instead of hunger:

# GLP-1 Homework

Tally your brain hunger & gut hunger signals for the next couple of days.

Spend some time reflecting on what situations you find yourself having more brain hunger.

*Write your answer here*

When you experience gut hunger, do you cue in early on or wait until it is overwhelming to act on it?

*Write your answer here*

# Reflection Prompts

If gut hunger is quieter on GLP medications, what new signals might tell me my body still needs fuel?

*Write your answer here*

If my brain hunger is quieter on GLP medications, how can I trust myself to make food decisions to support my body?

*Write your answer here*