



THE METABOLIC BLUEPRINT

5 MISTAKES WOMEN MAKE ON GLP-1

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HOW TO USE THIS WORKBOOK

GLP-1 medications are a breakthrough for weight management, but they are often treated as a "solo act" rather than a supporting player. For women—especially those navigating hormonal shifts in their 40s and 50s—the stakes are higher. If you don't support your metabolism while on these medications, you risk losing the very tissue that keeps you lean and energized: muscle.

Here are the five most common metabolic mistakes and how to fix them using a holistic, habit-based approach.

CHAPTER 1

1. THE "CALORIE FLOOR" COLLAPSE

The Mistake: Eating too little because the medication has silenced your hunger cues.

When your caloric intake drops too low (often below 1,200 calories for extended periods), your body enters "thyroid down-regulation." It senses a famine and slows your basal metabolic rate (BMR) to compensate.

- The Fix: Focus on nutrient density rather than just volume. Even if you aren't "hungry," your cells still require micronutrients and fuel to function.
- Habit Hack: Set "fueling reminders" on your phone to ensure you aren't going 6+ hours without nourish



2. THE PROTEIN GAP

The Mistake: Prioritizing "anything I can get down" over high-quality protein.

GLP-1s can make heavy foods unappealing, leading many women to reach for simple carbs (crackers, toast, fruit). Without adequate protein, your body will strip amino acids from your muscles to fuel vital organs.

- The Fix: Aim for 25–30g of protein per meal. This triggers "muscle protein synthesis" and keeps your metabolic engine revving.
- Habit Hack: Use the "Protein First" rule—take three bites of your protein source before touching anything else on your plate.



3. NEGLECTING RESISTANCE TRAINING

The Mistake: Relying solely on "cardio" or steps for activity.

Weight loss on GLP-1 can be up to 25-40% muscle mass if you aren't strength training. Muscle is metabolically active tissue; the more you lose, the lower your metabolism drops, making weight regain almost inevitable once you stop the medication.

- The Fix: Incorporate strength training at least 2–3 times per week. You don't need to be a bodybuilder—functional resistance (bands, weights, or bodyweight) is enough to send the "keep this muscle" signal to your brain.
- Habit Hack: Pair your strength sessions with a favorite podcast or audiobook to make the habit "sticky."



4. IGNORING THE STRESS-SLEEP AXIS

The Mistake: Pushing through fatigue with caffeine and high-intensity stress.

GLP-1 medications can occasionally increase heart rate or affect sleep quality. If you are under-sleeping or over-stressed, your cortisol levels spike. High cortisol encourages the body to store visceral (belly) fat and makes you more insulin resistant—counteracting the benefits of the medication.

- The Fix: Prioritize a "Wind-Down" routine. Lowering your biological stress is just as important as lowering your caloric intake.
- Habit Hack: Practice 5 minutes of box breathing before bed to transition your nervous system from "Fight or Flight" to "Rest and Digest."



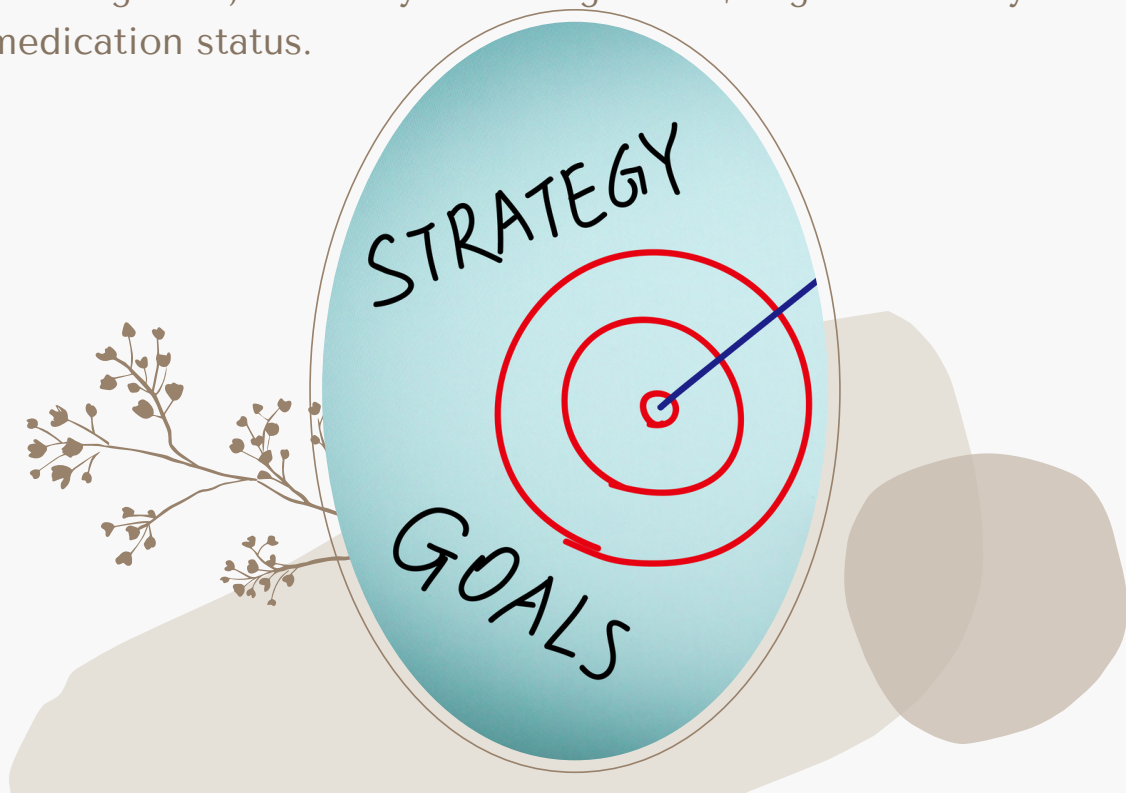
CHAPTER 5

5. LACKING A "TRANSITION STRATEGY"

The Mistake: Viewing the medication as the destination, not the vehicle.

The biggest mistake is not building the Habit Systems required to maintain your new weight. If you haven't practiced meal planning, movement, and stress management while on the drug, your body will have no "blueprint" to follow when you're off it.

- The Fix: Treat your time on GLP-1 as a "metabolic training camp." Focus on building an Identity-Based lifestyle where you see yourself as a "healthy person" rather than a "person on a diet."
- Habit Hack: Identify one "Anchor Habit" (like a 10-minute morning walk) that stays non-negotiable, regardless of your medication status.





NEED MORE INSIGHT & SUPPORT?

READY FOR YOUR PERSONALIZED METABOLIC BLUEPRINT?

If you feel your progress has stalled or you're worried about muscle loss, it's time to look at the foundation.

Get Your Holistic Nutrition Audit for \$99

In our signature 2-session audit, we take your 5-day food log and run it through our 5-Pillar Analysis. You'll receive:

- Your Metabolic Score: Exactly where your current habits are failing you. We will assess everything from nutrition to sleep to overall lifestyle habits.
- The 3 PM Wall Fix: A custom plan to end energy crashes.
- Your Personal Roadmap: The specific protein and fiber targets for your body.

BOOK YOUR AUDIT NOW!





Questions?

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