

Her Midlife Wellness Help

How to Protect Your Muscle on GLP-1

**A Simple Strategy for Women 40+ Who Want Fat Loss Without
Metabolic Damage**

By Alexis Thompson
Founder, Her Midlife Wellness Help

Before You Celebrate Rapid Weight Loss... Read This

Many women start GLP-1 therapy and finally see the scale move.

Relief.

Validation.

Momentum.

After years of trying to “do everything right,” something is finally working.

But here’s what most women are not told:

Weight loss and fat loss are not the same thing.

When appetite drops quickly, muscle can drop with it.

And for women over 40, muscle is not optional.

It is metabolic protection.

Muscle supports:

- Blood sugar stability
- Long-term weight maintenance
- Bone strength
- Hormonal balance
- Daily energy

Losing muscle may not show up on the scale — but it shows up later in fatigue, plateaus, and regain.

This guide will show you how to prevent that.

Why Muscle Loss Happens on GLP-1

GLP-1 medications reduce appetite.

That is their purpose.

But when appetite decreases, several things often happen automatically:

- Total calories drop significantly
- Protein intake drops unintentionally
- Strength training becomes inconsistent
- Fatigue increases
- Muscle stimulus decreases

The body responds by losing both fat and lean mass.

During rapid weight reduction, research suggests that 25–40% of weight lost may come from lean tissue if it is not intentionally protected.

That is not optimal fat loss.

That is mixed tissue loss.

And muscle is harder to rebuild than fat is to regain.

For women navigating midlife hormonal changes, muscle preservation is not cosmetic.

It is metabolic insurance.

The 3 Most Common Muscle-Loss Mistakes

1. Eating Too Little Protein

Reduced appetite makes it easy to under-eat protein.

But muscle requires amino acids daily to maintain itself.

When protein intake is inconsistent, muscle becomes expendable to the body.

2. Avoiding Strength Training

Walking is excellent for cardiovascular health.

It does not preserve muscle mass on its own.

Muscle must be signaled that it is needed.

Without resistance stimulus, the body adapts by reducing lean tissue.

3. Celebrating Rapid Scale Drops Without Structure

Quick losses feel rewarding.

But aggressive calorie reduction increases the risk of:

- Muscle decline
- Fatigue
- Hair thinning
- Metabolic adaptation

Sustainable fat loss is slower – but far more protective.

The goal is not speed.

It is durability.

The Muscle Protection Framework

Here is the simple structure that protects your metabolism while using GLP-1 therapy:

1. Prioritize Protein Daily

Aim for approximately:

0.7–1.0 grams of protein per pound of goal body weight.

Distribute protein across 3 meals daily.

Each meal should contain roughly 25–40 grams of high-quality protein.

It is physiologic.

2. Lift Weights 2–3 Times Per Week

Focus on major movement patterns:

- Squat
- Hinge
- Push
- Pull
- Core stability

You are telling your body:

“This tissue is necessary.”

3. Avoid Extreme Calorie Restriction

GLP-1 reduces appetite.

It does not remove nutrient requirements.

Chronic under-eating may suppress thyroid conversion, increase fatigue, and accelerate lean mass decline.

Adequate fuel supports hormonal stability.

4. Protect Sleep

Sleep regulates:

- Ghrelin (hunger hormone)
- Leptin (satiety hormone)
- Cortisol (stress hormone)

Muscle recovery happens during sleep.

What You Build Now Determines What Happens Later

GLP-1 therapy opens a window of metabolic opportunity.

During that window, you can build:

- Lean mass
- Structured eating
- Emotional awareness
- Stress resilience
- Hormonal literacy

If those are built, weight maintenance becomes steadier.

If they are not, medication becomes a temporary solution.

If you want the full, research-informed strategy for:

- Managing side effects
- Protecting muscle long-term
- Navigating midlife hormonal shifts
- Planning for tapering or discontinuation
- Building durable metabolic resilience

If you're using GLP-1 and want to protect your metabolism long-term, the complete guide walks you through the full strategy.

Explore GLP-1 Success for Women 40+

A structured, strategic roadmap for protecting your metabolism – not just reducing your appetite.

→ [Get the full guide here](#)

This guide is for educational purposes only and does not replace medical advice. Always consult a licensed healthcare professional before making changes to medication, nutrition, or exercise.