

SUPERVISED WEIGHT LOSS **EXERCISE PROGRAM**

GLP-1 receptor agonists such as semaglutide and tirzepatide have transformed medical weight management. A medically guided exercise program plays a critical role in protecting muscle, supporting metabolism, and improving overall health during weight loss treatments.

Our Approach to Weight Loss Exercise Programming

Our clinical weight loss exercise supervision is part of our Wellness & Longevity framework. Every plan is personalized to your individual circumstances and may include:

- Individualized strength training focused on muscle preservation
- Progressive cardiovascular conditioning
- Balance and stability training
- Mobility and recovery programming
- Fatigue-aware exercise progression

Patients begin safely, build consistency, and progress toward sustainable lifestyle change under professional guidance.

A collaborative model for long-term health

Our Wellness & Longevity Center partners with patients and referring providers to ensure weight loss is not only achieved, but clinically optimized, functional, and sustainable.

Learn more by calling 916-677-1200 or requesting an appointment on our website today!