Your Fitness Chick

GLP-1

SIDE EFFECT SURVIVAL GUIDE

SIMPLE STRATEGIES TO MANAGE COMMON SIDE EFFECTS AND SUPPORT YOUR BODY.



- NAUSEA
- CONSTIPATION
- BLOATING
- HYDRATION
- FIBER BALANCE
- ENERGY CRASHES
- WORKOUT FATIGUE
- HAIR THINNING SUPPORT
- SLEEP SUPPORT
- AND MORE

LOSE WEIGHT. FEEL BETTER. STAY STRONG.

WELCOME,

I'm so glad you're here.



If you're taking a GLP-1, you probably already know the medication is only one part of the process.

You still need to take care of your body along the way.

And when your appetite changes, your stomach feels off, or your energy takes a hit, even the basics can feel harder than they used to.

That's why I created this guide.

Inside, I'm sharing simple strategies to help you manage some of the most common GLP-1 side effects while continuing to prioritize nutrition, hydration, movement, strength, and your overall health.

You don't have to do everything perfectly.
You just need to keep taking care of yourself while your body adjusts.

I'm glad you're here.

Abby

Certified Personal Trainer
Certified Nutritionsist

Your Fitness Chick

FOR EDUCATIONAL PURPOSES ONLY

This guide does not replace medical advice. Always talk with your prescribing healthcare provider about side effects, medication concerns, or changes to your treatment.

NAUSEA

STRATEGIES THAT HELP



NAUSEA IS COMMON, ESPECIALLY IN THE BEGINNING.

EAT SMALL, OFTEN
Small, bland meals are easier to tolerate.

FOCUS ON PROTEIN
Protein helps reduce nausea and keeps you fuller.

STAY HYDRATED
Sip water or electrolytes throughout the day.

GINGER CAN HELP
Ginger tea, chews, or capsules may help settle your stomach.

AVOID STRONG SMELLS
This can trigger or worsen nausea.

QUICK WINS

- Crackers, toast, or rice can help.
- Peppermint tea may ease nausea.
- Don’t overeat—small portions work best.
- If nausea is severe or persistent,
- talk to your healthcare provider.

CONSTIPATION

STRATEGIES THAT HELP

GLP-1 medications can slow digestive motility, which can lead to constipation. These simple strategies can help keep things moving and your body comfortable.



HYDRATE WELL

Dehydration can make constipation worse. Aim for at least half your body weight in ounces of water daily.

GET ENOUGH FIBER

Focus on whole foods like fruits, veggies, oats, chia seeds, flaxseeds, beans, and lentils.

MOVE YOUR BODY

Daily movement stimulates digestion and helps things keep moving.

LISTEN TO YOUR BODY

Don't ignore the urge to go. Create a routine and give yourself time.

CONSIDER SUPPORT

Magnesium, probiotics, or a fiber supplement may help. Always check with your healthcare provider.

QUICK WINS

- Start your day with a big glass of water.
- Add a serving of fiber to every meal.
- Take a short walk after meals.
- Keep healthy snacks—like berries, nuts, or a protein shake—on hand.
- Be patient and consistent. Your body is adjusting.

BLOATING

STRATEGIES THAT HELP

Bloating can happen for many reasons on GLP-1 medications. These simple strategies can help you feel lighter and more comfortable.



EAT SLOWLY

Take your time with meals and chew your food well.

AVOID CARBONATED DRINKS

Soda and sparkling water can add extra gas and pressure.

WATCH GAS-PRODUCING FOODS

Beans, cruciferous veggies, and certain foods cartontribute to bloating.

STAY HYDRATED

Water helps flush out excess sodium and supports digestion.

SUPPORT DIGESTION

Ginger, peppermint tea, and digestive enzymes may help reduce bloating.

QUICK WINS

- Sip warm lemon water in the morning.
- Take a short walk after meals.
- Limit salt and processed foods.
- Try ginger or peppermint tea.
- Keep a food and symptom journal to identify triggers.

HYDRATION

STRATEGIES THAT HELP

Proper hydration is essential on GLP-1 medications. It helps with energy, digestion, nutrient absorption, and can reduce headaches, fatigue, and constipation.



DRINK CONSISTENTLY

Don't wait until you're thirsty. Sip throughout the day.

AIM FOR AT LEAST HALF YOUR BODY WEIGHT IN OUNCES

This is a great daily target for most people. Adjust as needed.

ADD ELECTROLYTES

Electrolytes help your body absorb water and support energy and muscle function.

MAKE IT EASY

Carry a water bottle, set reminders, and create simple habits.

FOCUS ON QUALITY

Filtered water is best. Limit sugary drinks and excess caffeine.

QUICK WINS

- Start your day with a big glass of water.
- Keep a water bottle with you at all times.
- Add lemon, berries, or cucumber for flavor.
- Include electrolytes—especially if you sweat or feel fatigued.
- Track your water for a few days to build awareness.

FIBER BALANCE



STRATEGIES THAT HELP

Fiber supports digestion, keeps things moving, and helps you feel full and satisfied.

CHOOSE THE RIGHT FIBER

Focus on soluble fiber from fruits, veggies, oats, beans, chia seeds, and flaxseeds.

INCREASE GRADUALLY

Add fiber slowly to avoid bloating or discomfort.
Give your body time to adjust.

PAIR WITH HYDRATION

Fiber works best with water.
Drink enough throughout the day.

VARIETY IS KEY

Mix different fiber sources to support digestion and overall gut health.

LISTEN TO YOUR BODY

Pay attention to how different foods make you feel and adjust as needed.

QUICK WINS

- Add berries to your breakfast.
- Top meals with chia or flaxseeds.
- Snack on veggies with hummus.
- Include a serving of beans a few times a week.
- Stay hydrated to help fiber do its job.

ENERGY CRASHES



STRATEGIES THAT HELP

Avoid the mid-day slump and feel energized all day long.

HYDRATE
Drink water consistently throughout the day.

EAT PROTEIN
Protein stabilizes blood sugar and keeps you steady.

BALANCE MEALS
Combine protein, healthy fats, and fiber to prevent crashes.

PRIORITIZE SLEEP
Aim for 7–8 hours of quality sleep.

MOVE DAILY
Even a short walk boosts energy and mood.

QUICK WINS

- ✓ Drink a glass of water first thing.
- ✓ Add protein to every meal.
- ✓ Keep healthy snacks on hand.
- ✓ Get up and move for 5–10 minutes.
- ✓ Plan your meals to stay ahead.

WORKOUT FATIGUE



STRATEGIES THAT HELP

On GLP-1 medications, recovery matters just as much as your workout. Work smart, recover well, and stay consistent.

LISTEN TO YOUR BODY
It's okay to adjust intensity and take extra rest days.

FUEL BEFORE & AFTER
Protein and carbs support energy and muscle recovery.

PRIORITIZE RECOVERY
Sleep, hydration, and stress management make a big difference.

BE CONSISTENT, NOT PERFECT
Progress comes from showing up, not perfection.

QUICK WINS
- Warm up and cool down.
- Stay hydrated.
- Eat enough protein.
- Take rest days.
- Celebrate small wins.

HAIR THINNING SUPPORT



STRATEGIES THAT HELP

Nourish your body and support healthy hair growth on your GLP-1 journey.

EAT ENOUGH PROTEIN
Protein is the building block for strong, healthy hair.

FILL NUTRIENT GAPS
Focus on iron, zinc, biotin, vitamin D, and omega-3s.

STAY HYDRATED
Water supports circulation and delivers nutrients.

MANAGE STRESS
High stress can increase hair shedding.

PRIORITIZE SLEEP
Restful sleep helps your body repair and regenerate.

QUICK WINS

- ✓ Include protein at every meal.
- ✓ Take a quality multivitamin.
- ✓ Drink plenty of water.
- ✓ Reduce stress and get outside.
- ✓ Be patient and stay consistent.

DIGESTIVE SUPPORT

STRATEGIES THAT HELP

Support your gut while on GLP-1 medications and feel your best every day.



STAY HYDRATED

Water keeps things moving and helps prevent constipation.

EAT FIBER DAILY

Fruits, veggies, oats, beans, and seeds support regularity and gut health.

CONSIDER PROBIOTICS

Probiotics help balance gut bacteria and support digestion.

MOVE YOUR BODY

Daily movement stimulates digestion and helps keep things regular.

MANAGE STRESS & SLEEP

Stress and poor sleep can slow digestion. Rest and relax to support your gut.

QUICK WINS

- ✓ Drink water first thing.
- ✓ Add fiber to every meal.
- ✓ Include probiotic-rich foods.
- ✓ Take a short walk after eating.
- ✓ Listen to your body.

WHEN TO CALL YOUR HEALTHCARE PROVIDER

IT'S BETTER TO BE SAFE



Reach out to your healthcare provider if you experience any of the following:

EXCESSIVE FATIGUE
Feeling unusually tired, weak, or low on energy that doesn't improve with rest.

INCREASED HAIR LOSS
Noticable shedding, patchy hair loss, or thinning in large amounts.

MOOD CHANGES
Persistent sadness, anxiety, irritability, or feeling "not like yourself."

RAPID WEIGHT CHANGES
Unexpected weight gain or loss, especially if it's not related to diet or activity.

IRREGULAR PERIODS
Missed periods, heavier or lighter cycles, or other changes in your cycle.

BONE OR JOINT PAIN
Ongoing pain, stiffness, or increased risk of injury.

CHANGES IN SKIN
Dryness, acne, rashes, or thinning skin.

BRAIN FOG
Trouble with memory, focus, or concentration.

Your health matters.

Trust your instincts. You know your body best.

YOU'VE GOT THIS.



Your GLP-1 medication may be helping with weight loss, but how you care for your body along the way still matters.

- **Eat enough.**
- **Prioritize protein.**
- **Stay hydrated.**
- **Keep your muscles working.**
- **Rest when you need it.**
- **Pay attention to what your body is telling you.**

This isn't about doing everything perfectly. It's about feeling good, staying strong, and building habits you can carry with you long after the weight comes off.

Abby

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CERTIFIED PERSONAL TRAINER
CERTIFIED NUTRITIONIST
YOUR FITNESS CHICK

IMPORTANT: This guide is for informational purposes only and is not intended as medical advice. Always consult your healthcare provider with questions or concerns about your medication, symptoms, or overall health.