

METABOLIC



GLP-1 Weight Loss and Muscle Loss: What the Evidence Actually Shows

Worried the weight you lose on Ozempic, Wegovy, or Mounjaro will come partly out of your muscle? Some lean mass can be lost. The good news: it is largely preventable, and here is exactly how.

Swipe

THE WORRY

Will You End Up Skinny-Fat?

You want the weight gone, not a smaller body that is softer, tired, and weaker, with your arms and legs thinning out along with your waist.

THE STUDY

821 Patients, 7 Trials, One Split Result

Lean mass rose as a share of body weight (+1.81%) while absolute lean mass still fell (-1.74 kg overall). Both are true at the same time.

THE NUMBER

Semaglutide: -5.44 kg Over 52 Weeks

That is the largest absolute lean mass loss of the GLP-1 medicines studied.

Liraglutide's lean mass loss grew the longer it was used.

THE NUANCE

Lean Mass Is Not the Same as Muscle

Lean mass includes muscle, organs, bone, and water. It is a proxy for muscle-relevant tissue, not a precise muscle measurement, so the muscle-only loss is smaller than the headline kilograms.

WHY IT MATTERS

Unwatched Loss Is the Real Risk

Unmonitored lean mass loss can contribute to sarcopenic obesity, which is linked to falls, fractures, cardiovascular events, and higher mortality.

THE FIX

Standard Advice Alone Was Not Enough

In the trials, general diet and activity counseling alone did not prevent lean mass loss. Researchers specifically point to resistance exercise and adequate protein intake as the complementary strategies that work.

THE BOTTOM LINE



Not a Reason to Avoid GLP-1 Medicine

The evidence does not support skipping these medicines over muscle loss. It supports pairing them with monitoring and muscle-protective strategies, exactly what a supervised protocol provides.