

Weight Management Newsletter



Body Composition and Why it is Important .

Weighing yourself only tells you one thing: your total weight. Body composition, on the other hand, gives you a much more detailed picture of your weight because muscle is denser than fat. Someone with lots of muscle can weigh more than someone with a lot of extra fat, even though they look leaner. Body composition is measuring 3 components.

1**MUSCLE****2****BONE****3****FAT**

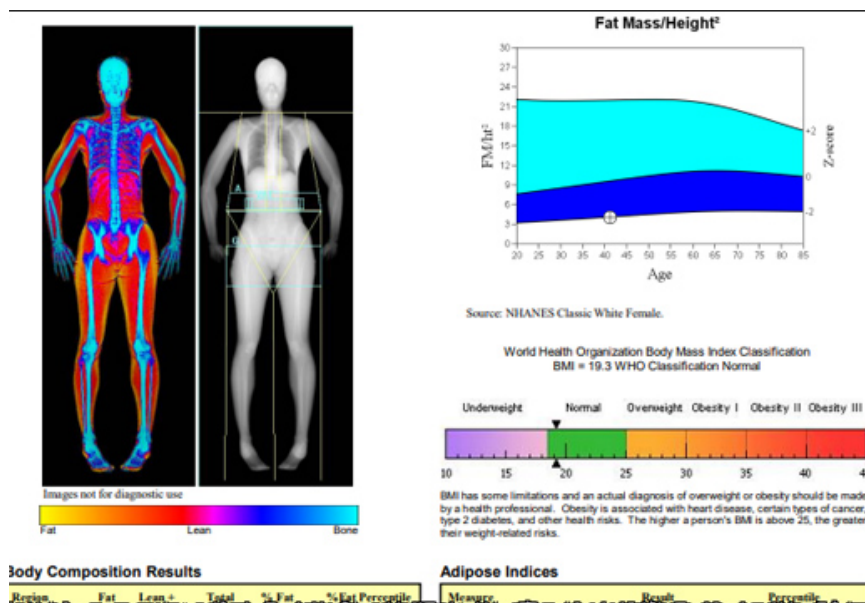
Body Composition & Weight Loss

OCTOBER 2025

Fat loss happens first which means your waist, hips, and arms may start to slim down before the scale moves. This is proof that your body composition is changing, even if your weight stays the same. To see visible muscle definition or a more toned shape, it typically takes 4 to 6 weeks of consistent training.

The scale and BMI are outdated, one-dimensional metrics that don't accurately reflect your health. A DEXA Body Composition scan, on the other hand, can provide a comprehensive view of your body's fat, muscle, and bone composition, helping you make more informed decisions about your fitness and health journey.

Dual X-ray Absorptiometry (DXA) scan, also known as a DEXA scan, is a fast, non-invasive, and highly accurate method to measure body composition. In just seven minutes, you'll receive detailed insights into your body fat percentage, lean muscle mass, and more.



You can get a body composition test from places like Club 51 in Centerville. DexaFit in Cincinnati and Tipp City, Fitnesscity in Cincinnati, Liberty Township, and Centerville, or the YMCA of Greater Dayton in Springboro . These facilities offer various testing methods, including DEXA scans, BOD POD tests, and InBody scans, to analyze your body fat percentage, muscle mass, and other key metrics.

Microdosing GLP 1

Microdosing GLP-1 medications

Semaglutide or Tirzepatide) is an emerging trend, Here's a clear, balanced breakdown:

"Microdosing" typically refers to using a lower-than-standard dose of a medication—often much smaller than what's prescribed—for perceived therapeutic benefits, with fewer side effects.

This may involve using a fraction of the starting dose, or dosing **less frequently** than prescribed.

Indications

Mild weight loss goals - personalized dosing
Auto Immune Conditions
Metabolic Disease
IBS Chrons
Cardio
Renal

Why Some People Consider Microdosing GLP-1s

- **Weight loss support** without full-dose side effects (e.g., nausea, vomiting, fatigue)
- **Appetite suppression** or better control of cravings
- **Improved glucose control** in prediabetic or non-diabetic individuals
- Off-label use for **"metabolic tuning"**

Medication	Standard Starting Dose	Example Microdose (Not Official)
Semaglutide (Ozempic/Wegovy)	0.25 mg weekly	0.125 mg weekly or every 10-14 days
Liraglutide (Saxenda/Victoza)	0.6 mg daily	0.3 mg daily or every other day
Tirzepatide (Mounjaro/Zepbound)	2.5 mg weekly	1.25 mg weekly or biweekly

Exercise Trends-Let's Build Muscle

(Schedule a training session at your local gym to develop a customized program) Local options “Club 51” in Centerville and “Forza” in Kettering.

1. Train Each Major Muscle Group 2x per Week

Split your workouts so you're hitting each group at least **twice weekly** for optimal growth:

- Chest
- Back
- Legs (quads, hamstrings, glutes)
- Shoulders

Muscle Group	Compound Exercises
Chest	Bench press, push-ups
Back	Pull-ups, bent-over rows
Legs	Squats, deadlifts, lunges
Shoulders	Overhead press, Arnold press
Full body	Clean & press, deadlifts

Sets, Reps, and Load

- **Sets per muscle group:** Aim for **10–20 sets/week**
- **Reps per set:** **6–12 reps** (hypertrophy sweet spot)
- **Intensity:** Use a weight that's challenging for the target reps—**leave 1–2 reps in reserve (RIR)**
- **Rest:** 60–90 seconds between sets for hypertrophy

Progressively increase weight, reps, or sets over time. This is **progressive overload**, and it's non-negotiable for muscle growth.

Train Consistently (3–6 Days/Week)

Example splits:

- **3-day full body:** Mon/Wed/Fri
- **4-day upper/lower:** Mon/Tue/Thu/Fri
- **5-day push/pull/legs:** Mon-Fri
- **6-day bro split:** One body part per day (less efficient for beginners)

Recipe of Month

Keto Pumpkin Bread

Ingredients

- 2 cups almond flour (200g)
- 1/4 cup granulated sweetener (for sugar free, I recommend [Lakanto](#))
- 1 tbsp baking powder
- 1/2 tsp salt
- 1 tsp cinnamon or pumpkin pie spice
- 1 cup pumpkin puree
- 3 eggs (or [flax eggs](#))
- optional handful mini chocolate chips



Instructions

Grease a 9x5 loaf pan or line with parchment. Preheat the oven to 325 F. Stir all ingredients until completely smooth, then pour into the loaf pan. Bake on the oven's center rack for one hour. I found that letting the keto pumpkin bread cool completely before going around the sides with a knife and popping out the loaf will ensure it doesn't break, as the recipe is super moist and fudgy! The pumpkin bread can be loosely covered and left out overnight, or refrigerate leftovers for up to five days, or slice and freeze for a month or two.



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Supplements of Month

Supplements for gastrointestinal side effects

Constipation, nausea, and diarrhea are common side effects of GLP-1s

- **Fiber:** Fiber supplements, such as psyllium husk, can help relieve constipation and improve stool consistency.
- **Probiotics and Digestive Enzymes:** These can help support gut health and regulate digestion, which is slowed by GLP-1 medications.
- **Magnesium:** Magnesium can have a laxative effect, making it useful for managing constipation. Magnesium glycinate or citrate are common forms.
- **Electrolytes:** If experiencing nausea and fluid loss, electrolytes can help prevent dehydration and associated fatigue or headaches.
- **Ginger:** Ginger has long been used to combat nausea and can be taken in supplements, tea, or as lozenges.

Several choices of these supplements are available for purchase at IHC pharmacy and Happy Hormone Cottage.