



HUMBLE ROOT WELLNESS

The GLP-1 *Jumpstart* Guide

SIMPLE HABITS FOR LASTING RESULTS

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WELCOME

Welcome to the GLP-1 Jumpstart Guide



If you're on a GLP-1, it is super important to implement habits that work in your life. The medication does the appetite work — but long-term results come from how you fuel your body, move, and stay consistent.

A GLP-1 can be an amazing tool. It can also lead to muscle loss and metabolic adaptation when it isn't paired with supportive habits.

I'm Danielle, and I help women on GLP-1 medications build realistic habits around nutrition, mindset, and sustainable weight loss.

Free resources + support

Scan to find free resources, scheduling, and ways to work together.



NASM Nutrition Coach • Behavior Change Specialist • PN Stress, Sleep + Recovery Coach

The GLP-1 Jumpstart

Healthy habits + nutrition



How do GLP-1s help?

GLP-1s are an incredible tool — but they are just that: a tool. They can slow digestion, support hunger and fullness signals, and affect insulin release.

The habits around the medication are what support long-term results. Improving your current lifestyle — instead of replacing it — makes change easier to keep.

Four small shifts. A steadier foundation.

This guide focuses on strength, protein, walking, and hydration — simple anchors that help protect muscle, support energy, and make consistency feel possible.

Healthy Habits + GLP-1

01

Weights

Support muscle, bone health, and longevity.

02

Protein

Maintain muscle and support hormones, mood, and recovery.

03

Walking

One of the simplest, most powerful tools for daily health.

04

Water

Essential for energy, digestion, and overall wellness.

Sound simple?

That's because it is. Simple isn't always easy — and you don't have to do it alone.

START SMALL

Four Small Habits

that have a huge impact

Commit to a workout

- ☐ Aim for strength training 3–4 times a week.
- ☐ Start with 10–15 minutes.
- ☐ Try a free 15-minute weight workout.

Add protein

- ☐ Track protein in an app if helpful.
- ☐ Pair carbohydrate foods with protein.
- ☐ Aim for 20–30g per meal.

Get your steps in

- ☐ Track your current average first.
- ☐ Start with 5–7k if your steps are low.
- ☐ Try a 5-minute walk after meals.

Drink your water

- ☐ Aim toward half your body weight in ounces.
- ☐ Build gradually if that is a big jump.
- ☐ Add quality electrolytes when useful.

Choose the version you can repeat — not the version that looks impressive.

Tips for Success on GLP-1

practical support for real life

01 Define four goals and commit for four weeks before adjusting. ☐

02 Plan: keep high-protein foods on hand. ☐

03 Prep proteins and carbohydrates; carry water. ☐

04 Take progress photos and measurements — not just scale weight. ☐

05 Journal your mood, energy, and sleep. ☐

06 Find a friend for accountability or hire a coach. ☐

07 Make sure you eat, even if it is something small. ☐

08 Minimize and manage stress to support digestion. ☐

09 Expect a sustainable pace: generally 1–2 pounds per week at most. ☐

Make Sure to Get Your Protein

- 1 Eat 20–30g within an hour of waking.
- 2 Add protein to every snack and meal — even high-protein milk with cereal counts.
- 3 For packaged snacks, look for about 10–15g protein per 100 calories.
- 4 Batch-cook meat or another protein for ready-to-go meals.
- 5 Keep pre-made or frozen protein options on hand.
- 6 Add cottage cheese or Greek yogurt to meals, snacks, and recipes.
- 7 Pair sweets with protein.

30-DAY PRACTICE

Habit Tracker

MONTH: _____

WORKOUT
minutes / days

PROTEIN
grams / day

WALK
steps / day

WATER
ounces / day

DAYS 1–10	1	2	3	4	5	6	7	8	9	10
WORKOUT										
PROTEIN										
WALK										
WATER										
DAYS 11–20	11	12	13	14	15	16	17	18	19	20
WORKOUT										
PROTEIN										
WALK										
WATER										
DAYS 21–30	21	22	23	24	25	26	27	28	29	30
WORKOUT										
PROTEIN										
WALK										
WATER	Small actions count. Mark the day, then begin again tomorrow.									

What About “Side Effects”?

Side effects can reflect changes in the body, including slower digestion. They may also worsen when you are not eating enough, drinking enough, or moving regularly. Start with the basics, and contact your healthcare professional about persistent or severe symptoms.

Constipation

Hydrate first; add fiber second. Fruit offers both water and fiber. Magnesium citrate may help, but hydration comes first.

Fatigue

Prioritize water, adequate food, sleep, and less afternoon caffeine.

Food aversions

Simple foods are okay. Fruit and yogurt for dinner still counts — avoid skipping food entirely.

Nausea

Try ginger chews, smaller frequent meals, thorough chewing, and digestive support as advised.

Educational only — not medical advice. Discuss symptoms and supplements with your healthcare professional.

BONUS

Top Supplements on a GLP-1 Journey

Supplements may support nutrient intake, sleep, digestion, and recovery. Always check for personal needs and medication interactions.



Collagen

Protein; hair, skin, nails + joints



Vitamin C

Immune support + collagen production



Biotin

B vitamin for hair, skin + nails



Magnesium citrate

Regularity + muscle recovery



Magnesium glycinate

Stress + sleep support



Digestive enzymes

Support digestion of fats + proteins



Creatine

Muscle, recovery, brain health + energy



B-complex

Energy, stress response + mood



Omega-3

Heart, joints, skin + inflammation

You don't have to figure this out alone.

Simple. Realistic. Supported.

I share practical support for women on GLP-1s every day — so you can care for your body without chasing perfect.



Stay connected

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humblerootwellness.com

With care, Danielle

