



Your Step by Step Guide to lasting GLP-1 weight loss

[Slimrchat.com](https://slimrchat.com)

Supporting your GLP-1 Journey

Real stories, tips & advice, UK drug prices compared

Are you new to slimming jabs or thinking of starting?

Here's our practical guide to habits, food, movement and maintenance for anyone using weight loss drugs.



“Losing weight felt like a miracle, that still came with challenges. But keeping the weight off after stopping? Now that was the real challenge. Which is why practising these habits while on the drugs is so important. Because it prepares you for a life without them.”

Robert Price SlimrChat Founder, life-long dieter and GLP-1 success story (so far)

Welcome to your GLP-1 step-by-step guide

We know guides can be long and wordy. We've made this guide as easy to understand and straight to the point as we can.

Who are SlimrChat?

SlimrChat is the UK weight loss community for Mounjaro and Wegovy, where you can connect, share, and stay informed on your journey. You're in the right place whether you are just starting, exploring weight loss medications, or already using them and looking to get the most from your treatment.

We started SlimrChat because we have been in your shoes. We know what it feels like to have tried everything: eating well, exercising, doing all the right things but still feeling stuck. For years, one of our founders faced the same ups and downs of weight management, only to watch progress fade whenever life got in the way.

When the new prescription-only treatments like Wegovy and Mounjaro became available, we were curious and hopeful - but also frustrated. It was hard to find real stories, practical advice, and a space where people could talk openly without judgement. That's why we started SlimrChat: a supportive, welcoming place where people on the same path can learn from each other and stay motivated.

SlimrChat was started by people like you. People who wanted to make changes and to lose weight. We saw weight loss drugs as an opportunity to reset to a healthier life, but that's only the start of the story.

A big part of what we do is to help people understand that it's not just the drugs, as magical as they may appear. For lasting weight loss, you need to develop healthier habits, including an improved diet, a mindset overhaul and more movement and exercise. Yes, drugs are an opportunity to reset, but they are not a quick fix, and we understand the journey.

Our aim is simple:

'We want to make your journey easier, more supported and less confusing. And a success.'

In our guide, you'll find tips, encouragement and honest conversations from people who have experienced what you're going through. Whether you're managing side effects, facing setbacks, or celebrating your wins (no matter how small), this is your space.

We're delighted you're here.

The SlimrChat team



SlimrChat's step-by-step guide to lasting GLP-1 weight loss

Here, you'll find helpful advice, honest insights and practical steps shared by our community.

It is not intended as medical advice, and you should speak to your doctor or healthcare provider whenever you need to.

As the opening section, it sets the foundation for SlimrChat's step-by-step guide to lasting weight loss."

Prescription-only GLP-1 treatments, such as Mounjaro or Wegovy, can quieten food noise and make healthy choices easier, but the lasting results come from what you do alongside them: having the right mindset, building better and healthier habits, and getting the right support.

This guide turns those ideas into practical steps you can use in real life. It's worked for us, which is why we're sharing it with you.



Who is this for?

This guide is for you if you are curious about GLP-1 treatment, considering it, about to start, or already taking it, and you want practical top tips to turn treatment into lasting weight loss. It also helps your friends, family and supporters (and naysayers) understand how to encourage your progress without taking over. Here's how it will help you:

- **Curious:** you are exploring GLP-1 treatment and want a clear and concise overview with practical next steps.
- **Considering or about to start:** you want top tips on food, exercise, and habits to give you the best start.
- **Already taking treatment:** you want simple routines that protect muscle, manage hunger, and sustain progress.
- **In maintenance:** you've reached goal weight, have had a dose change or stopped the drugs and want to keep the good work going for the rest of, er, your life.
- **Support network:** you are a partner, friend, or family member who wants to support effectively without taking over.



“These are the tips I wish I had when I started. Use what helps, leave what does not, and remember that every bit of progress counts.”

Robert Price SlimrChat Founder

What's included



Treatment basics What are these weight loss drugs and what do they do?

- GLP-1 treatments
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- Getting the treatments
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- What the typical weight loss drug journey looks like

Mindset and approach - what you think, as well as what you do

- Building the right foundation
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Diet and nutrition - the food and drink bit

- Fuelling your body for success
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Exercise and physical activity - move it, move it

- Building strength and stamina
- **Step 6:** Preserve muscle with resistance training
- **Step 7:** Start slowly and avoid injury

Habits and routines - not as boring as they sound

- Creating lasting change
- **Step 8:** Build habits you can stick with
- **Step 9:** Create a structure so you do not lose momentum

Side effects and medical support - forewarned, is forearmed

- Managing challenges effectively
- **Step 10:** Manage side effects early and ask for help
- **Step 11:** Do not ignore side effects

Community and support - we're in it together

- Staying connected and motivated
- **Step 12:** Connect with a supportive community that understands your journey
- **Step 13:** Use the community to make your treatment work better

From treatment to long-term change - this is a lifestyle, not a diet

- Focusing on the long-term perspective
- **Step 14:** Plan the transition and maintenance

Summary of steps for success - all the useful bits in brief!

What you will get

Clear, practical help at every stage of your GLP-1 journey:

- **A step-by-step guide** that turns treatment into simple actions.
- **Mindset first:** set long-term direction with choices of a few measures to track.
- **Food that works:** protein and fibre made simple, plus how to avoid under-eating.
- **Movement you can keep:** how to protect muscle with resistance training and build activity gradually.
- **Habits and structure:** routines, easy tracking, and five-minute periodic reviews.
- **Side-effect basics:** what is common, what remedies to try first, and when to ask for help?
- **Community support:** how to use SlimrChat for motivation and real-world answers.
- **A maintenance plan:** prepare for dose changes or life after treatment with clear guardrails.

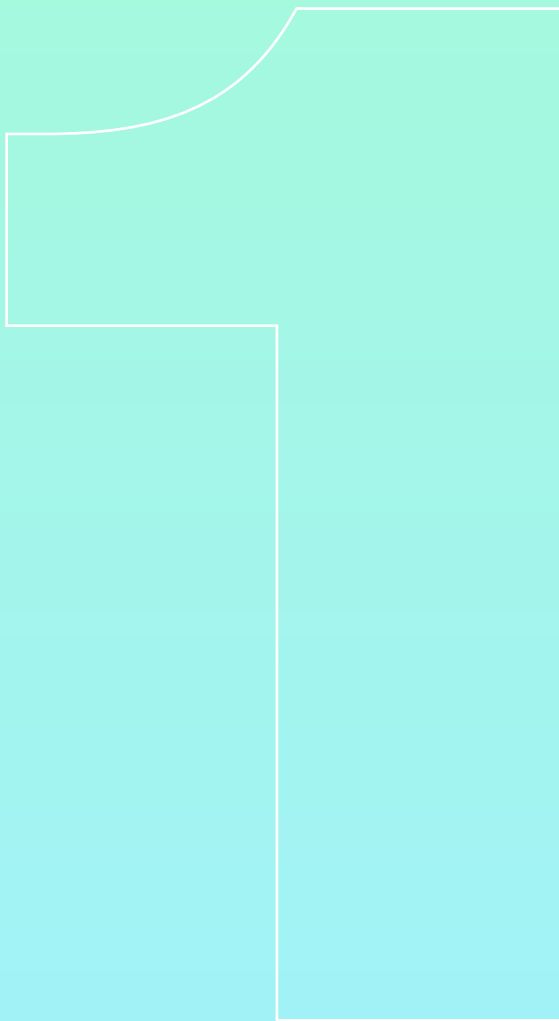
What this guide isn't

To keep things clear, here is what this guide does not do.

- **Medical advice:** it does not diagnose, prescribe, or replace your healthcare provider. Use it alongside, not instead of, professional care.
- **A quick fix:** it is not a crash diet, detox, or a rapid results promise.
- **One-size-fits-all:** it does not claim there is only one right way; you will choose what fits your life.
- **A substitute for clinical discussions:** decisions about prescriptions, dosing, and side effects, belong with your healthcare provider.

Section 1:

Treatment basics



Treatment basics

What are these weight loss drugs and what do they do?

GLP-1 treatments

Everyone is talking about them, but do we really know what GLP-1 medicines are?

These are new, revolutionary and are already used by millions for weight management. They help quiet “food noise,” increase satiety (feeling full), and slow gastric emptying, making it easier to follow healthier routines.

One of the current options, tirzepatide (Mounjaro), also acts on GIP receptors - these are proteins on cell surfaces that receive signals from the GLP-1 hormone, a natural body messenger crucial for regulating blood sugar, appetite, and digestion.

The principle is the same: the medicine is a tool and the habits you build make results last.



“MJ is blooming miraculous, but it’s not a magic bullet.”

Katie SlimrChat Real Stories

UK treatments at a glance



There are 2 GLP-1 treatments currently available for weight loss in the UK:

Wegovy (semaglutide) became available in the UK in September 2023 as part of a controlled launch.

Mounjaro (tirzepatide) was recommended by NICE (National Institute for Health and Care Excellence) for the management of overweight and obesity in December 2024, with NHS implementation guidance from March 2025.

Lots of us are using, have used, these transformational new drugs. There are over 3 million people in the UK using the treatments in 2026, according to recent information.

In trials, average weight loss has been about 15% with Wegovy and ~20–22% with Mounjaro when paired with diet and activity support. Obviously, we’re all different, so these results have to be seen as a guide, not a guarantee.

Here is a simple comparison of the key differences between GLP-1 and GIP agonists:

Your Treatment Options

Key differences between GLP-1 and GIP agonists

Category	GLP-1	GIP
Full Name	Glucagon-Like Peptide-1	Glucose-Dependent Insulinotropic Polypeptide
Natural Role in Body	A gut hormone released after eating; helps regulate blood sugar, appetite, and digestion	A gut hormone released after eating; helps regulate blood sugar, appetite, and digestion
Main Functions	<ul style="list-style-type: none"> - Increases insulin (when glucose is high) - Reduces appetite via the brain - Slows stomach emptying - Decreases glucagon (reduces liver glucose production) 	<ul style="list-style-type: none"> - Enhances insulin release - May improve how the body handles fat - Less effect on appetite, but complements GLP-1 when combined
Used in Weight Loss Drugs?	Yes — drugs like pemaglutide and tirzepatide mimic GLP-1	Yes — when combined with GLP-1, as in tirzepatide
Example Drugs	Wegovy (UK), Ozempic (US)	Mounjaro (UK) Zepbound (US)

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SlimrChat does not offer medical advice or expertise. If you require medical advice see your Doctor.

How Mounjaro (a GLP-1 and GIP agonist) works with your body:

Your Lifestyle & Wellbeing

How Mounjaro Works for weight loss

BRAIN

- Lower appetite
- More satiety
- Eat less overall

PANCREAS

- Increase insulin
- Decrease glucagon
- Lowers blood sugar

STOMACH

- Slower stomach emptying
- Feel full faster when eating
- Feel full for longer time

MUSCLE

- Use energy better
- Use insulin better
- More metabolic flexibility

SYSTEMIC

- Lower body weight
- Increase fat burning
- Protects heart

LIVER

- Better insulin sensitivity
- Less glucose production
- Less abnormal fat deposits

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Getting the treatments

Community voices

“Normally my head was full of thoughts about cooking, new recipes to try, new places to go and eat, etc., but that just seemed to almost disappear within a few hours of having my first jab”

Ben SlimrChat Real Stories

Eligibility and access to weight loss drugs are determined on an individual basis by a healthcare professional.

Most people are getting the treatments through private prescriptions from pharmacies (online or on the high street) or through private GPs. To get a prescription, these providers generally require you to have a BMI of 30 or higher. Alternatively, a BMI of 27-29.9 (overweight) is accepted if accompanied by at least one weight-related condition, such as hypertension, type 2 diabetes, or high cholesterol.



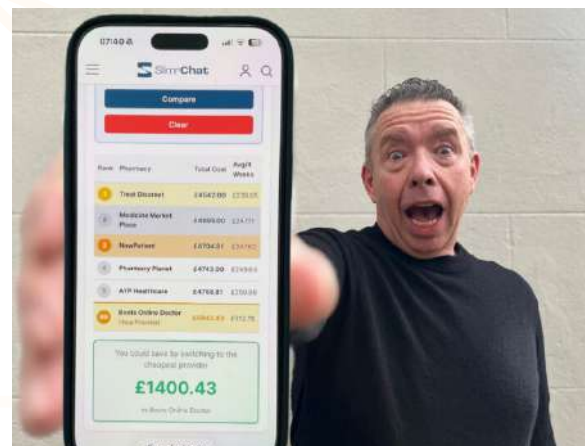
Because funding is very limited, access on the NHS is much stricter and delivered through specialist weight-management services. Generally they require a BMI of 40 or higher, or 35-39.9 with severe weight related issues.

The Costs

Given the barriers to getting weight loss drugs on the NHS, most people have to pay for the drugs themselves. Remember, to experience the higher level of weight loss you are likely to need to take the treatments for many months - 18 months or even longer - so do consider the cost commitment. We have found that the 'average' costs for Mounjaro for 18 months is around £5,500 but the costs can differ wildly from pharmacy to pharmacy - in fact some pharmacies are about £900 cheaper than this average whilst others are up to £2,500 more! It really does pay to shop around and switch pharmacies as prices differ.

In fact, because of the lack of transparency in the costs we at SlimrChat built a price comparison tool so that you can compare and contrast the costs for Mounjaro and Wegovy across over 100 UK GPhC registered pharmacies. Be wary of enticing introductory offers, such as 20% off your first purchase or even £100 off your first purchase - a pharmacy might be the cheapest for your first pen but the most expensive for your next ten. Choosing a provider based solely on a first-month discount is like choosing a marathon based on the first 100 metres.

Our approach: We provide tools to project costs through 52-week, 76-week or fully customisable treatment journeys, as well pricing for each dose. Our specialised treatment calculators, which are available for both Mounjaro and Wegovy, allow you to adjust doses to reflect your unique clinical path.



Ready to check?

Choose what you need:

See today's cheapest rates
[Mounjaro](#) | [Wegovy](#)

Compare your provider
[Mounjaro](#) | [Wegovy](#)

Calculate your full journey cost
[Mounjaro](#) | [Wegovy](#)

It take minutes.

And it could save you £000s

What the typical weight loss drug journey looks like

Unsurprisingly, everyone's experience and journey is slightly different, as with most aspects of life! However, our SlimrChat community does report a pretty similar path on GLP-1 weight loss treatments. Of course, knowing what's normal at each stage can make the journey feel far less daunting, so read on.

Weeks 1-4: Getting Started

This is the on-ramp phase. Doses usually start low to allow your body to adjust.

- Appetite often reduces quickly, sometimes within days
- Portions feel smaller without conscious effort
- Side effects (if they happen) are most common here, things like nausea, feeling full fast or fatigue
- Weight loss may be modest or uneven at first

For many people, this phase is less about dramatic results and more about learning how the medication feels in day-to-day life. It's not uncommon for some people to lose more than they expect because they aren't used to feeling fuller for longer.

Weeks 5-12: Dose increases and rhythm

As doses are gradually increased, appetite suppression tends to become more consistent.

- Hunger cues change with fewer cravings, less "food noise"
- Weight loss often becomes more noticeable
- Eating patterns naturally simplify (fewer snacks, smaller meals)
- Side effects often settle as your body adapts

This is where many people start to think: "Oh... this is how it's meant to work". Our team members found this stage really motivational because the effects feel real and measurable.

Months 3-9: Steady weight loss phase

This is the core of the journey for most users.

- Weight loss becomes steadier, though not always linear
- Plateaus are common and normal
- Energy and mobility often improve
- Non-scale wins show up: clothes fit differently, confidence lifts, daily life feels easier

People who get the best long-term results usually start layering in sustainable habits here, including increased movement and exercise, protein-first meals and better sleep. This is a much better approach than chasing rapid loss.

Months 9 to 12+: Adjusting expectations and habits

At this stage, weight loss may slow, even if you're still losing.

- Appetite suppression feels predictable rather than dramatic
- Loss rates naturally taper
- Focus often shifts from "losing" to maintaining progress
- Some people reassess dose, routine, or long-term plans

This phase is less exciting, but we think it's the most important. SlimrChat community members who have managed to 'lock-in' their changed behaviours have much better outcomes when they stop the treatments.

Maintenance or next steps

There's no single "endpoint" with GLP-1s. Some people:

- Stay on a maintenance dose long term
- Reduce dosage gradually
- Take breaks under medical guidance
- Focus on weight stability rather than further loss

What matters most is that decisions are planned, not rushed, and based on how your body responds, not just the scale. And, of course, you need to consult with your doctor or healthcare provider when developing your maintenance plan.

A useful thing to remember

The weight loss drug journey isn't a straight line. For anyone.

Ups, downs, stalls, plateaus, fast weeks and slow months are all part of it. It's not how celebrities say it goes!

If it helps, think of GLP-1 treatment less like a diet and more like learning a new relationship with food, one that unfolds over time, not overnight.

Summary of how to get the best results out of your weight loss drug journey:



Section 2:

Mindset and approach

Step 1: Set long-term direction and measures

Step 2: Build your first four-week habit plan



Mindset and approach - what you think, as well as what you do

Before you change how you eat or move, start with the right mindset. The SlimrChat community tells us how important mindset is. The drugs get us over that hurdle of changing habits because they work by reducing appetite and food noise. But then you need to think about what you think about. This is an opportunity to refocus on healthy eating and cutting out less healthy foods...eating what you need versus what you want (knowing you might lose the weight with either). It's an opportunity for a whole life reset.

This section looks at the mental side of weight loss drugs like Mounjaro and Wegovy. The aim is to set yourself up for success by focusing on long-term progress, staying patient, and building a foundation that supports real change.

Building the right foundation

GLP-1 medications can be powerful tools, but your approach matters just as much. These treatments are not magic. They can reduce food noise and help with appetite control, yet lasting results come from the mindset and habits you build along the way.

If you expect overnight results, you're likely to be disappointed. If you take a longer view and use this as a chance to reset your life, you give yourself the best shot at real and lasting change.

This part of the guide helps you do exactly that.

Step 1: Set long-term direction and measures

Start by deciding what you want to achieve and how you will measure progress. A clear destination and a small set of numbers to track will guide your choices and keep you honest.

Focus: the outcomes you want and why you want them

- Define what success means beyond the numbers on the scale: energy, sleep quality, fitness, mood and/or clothes fit.
- Choose two or three measures to track each week, for example:
 - weekly average weight
 - step count or active minutes
 - resistance training sessions completed
 - daily protein target met
- Write a single sentence of intent. Example: "I am using the treatment to build healthier habits I can keep."

Your output for Step 1:

a short list of long-term outcomes and the two or three numbers you will track every week.

Step 2: Build your first four-week habit plan

Turn direction into action. Create a simple plan you can follow for the next 4 weeks, then review and refine it.

Focus: what you are going to do and how often

- Pick three small behaviours that match step 1. Examples:
 - include protein with every meal
 - resistance training two or three times each week
 - a 10–20 minute walk after dinner
- Set simple rules for each behaviour: what, when, where, and how long.
- Decide your review rhythm: five minutes every Sunday to check your numbers from Step 1 and reset for the week ahead.

Keep in mind:

this is not about being perfect. Aim for consistency, be patient with yourself, and keep the focus on long-term progress.

Community voices

“Grab a tape measure and record every possible body part – arms, thighs, waist, hips, chest, neck before you start”

Louise SlimrChat Real Stories

‘Consistency beats intensity. Choose three behaviours you can repeat, schedule them, and keep the appointments with yourself.’

Your output for Step 2:

a one-page plan for the next four weeks with clear times and triggers for each behaviour.

Further reading on SlimrChat



[The unseen wins: How weight loss improves your life beyond the mirror](#)

[Setting realistic goals for body, mind and health when on weight loss drugs](#)

[Planning your weight loss journey. Why structure helps](#)

Section 3:

Diet and nutrition

Step 3: Find your healthy deficit range

Step 4: Get enough protein

Step 5: Get enough fibre



Diet and nutrition - the food and drink bit

Food is fuel, not your enemy. This section explains how to eat in a way that complements GLP-1 treatment, rather than working against it. You will learn why protein and fibre matter, how to avoid eating too little, and how to keep things simple and sustainable. No extreme diets. No food guilt. Just practical ways to fuel progress and feel better.

Fuelling your body for success

What you eat affects how well GLP-1 treatment works for you. A good eating pattern helps reduce hunger, maintain energy, preserve muscle, and keep side effects in check. It also makes it easier to stick with your new routine.

This is not about counting every calorie or eliminating favourite foods. It is about finding a balance and making simple choices that support your goals without adding stress. Let food work with your treatment, not against it.

In fact, here's some old dieting rules to ditch:



**7 Old Diet Rules to Ditch on Mounjaro
— And What to Do Instead**

Don't Do This	Do This Instead
Count every calorie	Focus on protein & fibre
Fast for long periods	Stick to overnight fasting (max 14-16 hrs)
Try juice cleanses or liquid diets	Eat whole, balanced meals
Cut out all carbs	Choose power carbs in the right portions
Weigh yourself daily	Track progress weekly & how you feel
Shame yourself for setbacks	Show yourself grace & reset
Force a gallon of water	Drink to thirst + sip consistently

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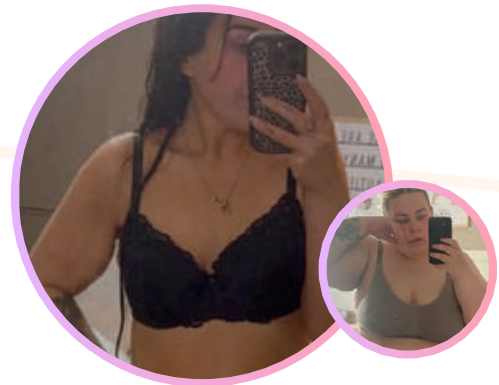
'It's about eating what you need, not what you want. The medications are most effective when paired with a balanced approach to eating. That means enough food, enough nutrients, and enough consistency. It sounds boring, but it doesn't have to be.'

Step 3: Find your healthy deficit range

For many people, the lifelong challenge has been creating enough of a calorie deficit (a calorie deficit means that the number of calories you burn exceeds the number of calories you eat. Essentially, eating less than the energy you use).

With GLP-1 treatment, the perspective can flip. Appetite often falls, food noise quietens, and the new challenge is not creating too large a deficit. If the deficit is too big for too long, well-being and exercise will suffer, and a greater share of the weight you lose can be muscle rather than fat. If the deficit is too small, progress stalls and goals drift out of reach.

Plan for this from the start and monitor the early weeks closely. Look at your weekly average weight, energy across the day, and how training and daily activity feel. If your weight drops very quickly and you experience a dip in strength or energy, increase your intake slightly and reassess the following week. If progress is very slow and you feel fine, tighten slightly and review again the following week. Aim for a steady, repeatable pattern you can maintain.



Community voices

“I’ve gained so much, but I always tell people, I’ve gained my life back.”

Kelsey SlimrChat Real Stories

‘Aim for a calorie deficit that drives fat loss without hurting energy or muscle.’



Controlled Weight Loss

Step 4: Get enough protein to protect muscle

With appetite lower on GLP-1s, it is easier to under-eat protein without noticing. That can shift more of your weight loss towards muscle rather than fat, and leave you feeling flat in training. Protein helps you hold on to lean mass, supports recovery, and keeps hunger steadier while you work through your calorie-deficit plan (established in Step 3).

How much protein?

For most people aiming to lose fat while preserving muscle, a practical target is 1.2 to 1.6 grams of protein for each kilo of target body weight each day. It can get quite a numbers game (more detail below) but in a typical day it could look like this: if you're aiming for 120 to 140 g per day:

- Breakfast:** Omelette + yoghurt = 30 g
- Lunch:** Chicken salad wrap + side = 40 g
- Dinner:** Fish + veg + quinoa = 45 g
- Snack:** Ham or nuts = 20 g

'Enough protein, every day: stronger sessions, fuller meals, less muscle loss.'

Quick no-preparation protein food guide:



Your Diet & Nutrition | **SlimrChat**

EASY 25G+ PROTEIN with minimal/no prep

 10g Protein Shake	 8g Cottage Cheese	 5g High Protein Yogurt	 4 Eggs
 250ml Cooked Lentils	 4g Canned Tuna	 4g Smoked Salmon	 5g Sliced Turkey
 5g Rotisserie Chicken	 650ml Unshelled Edamame	 12 Large Cocktail Prawns	 2g Beef Jerky

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If you are prioritising muscle gain alongside resistance training, you can use the higher range of 1.6 to 2.2 grams of protein per kilogram of target body weight. Choose a number in the range that fits your appetite, routine, and training load, and adjust after a couple of weeks based on energy, recovery, and progress.

Community voices

“I’ve become obsessed with protein (aiming for at least 20g per meal to keep my muscles strong) and fibre (aiming for at least 10g per meal to max nutrients and to keep my gut moving) and I drink loads of water.”

Louise SlimrChat Real Stories



Make it workable

- Spread protein across your meals rather than loading it all at once.
- Anchor each meal with a protein source you enjoy (for example, yoghurt, eggs, fish, chicken, tofu, beans).
- Pair this step with regular resistance training in Step 6 to preserve muscle more effectively.

Community voices

“I love a protein pudding these days – the fridge is always well stocked, they help me hit my protein goals and satisfy any mental or physical sweet needs.”

Vivienne SlimrChat Real Stories

Step 5: Get enough fibre for fullness and balance

Fibre helps you feel fuller for longer, steadies blood sugar, supports a healthy gut, and can reduce common GLP-1 side effects such as constipation (it's a fantastic all-rounder). It adds volume without many calories, so it works neatly with your calorie-deficit plan from Step 3 and your protein focus from Step 4.

How much fibre?

Aim for 25-30 g of fibre per day. Many people get far less than this. Another simple guide is about 14 g of fibre per 1,000 calories you eat. Build up gradually and drink water to help your body adjust comfortably.

'Aim for 25-30g of fibre each day. Add it slowly, drink water, and let natural fullness help you stay on track.'



How to put it into practice

- Include a fibre source at each meal: vegetables, fruit with skin, pulses (beans, lentils, chickpeas), whole grains, and seeds.
- Let fibre-rich carbohydrates do the heavy lifting most of the time, alongside your protein anchor.
- If appetite is low on treatment, choose smaller, denser sources of fibre such as oats, berries, beans, lentils, and chia or ground flaxseeds.

Community voices

“Go to snacks now has to be picky bits... carrot sticks, cucumber, ham and hummus.”

Gemma SlimrChat Real Stories

Many people find they have little appetite and so struggle to get the fibre they need, so here's a reminder of what foods are high in fibre:



Your Diet & Nutrition **SlimrChat**

The 'I DON'T EAT ENOUGH FIBRE BECAUSE I HAVE NO APPETITE' Starter Pack

Lower volume, high fibre foods for people on Weight Loss Drugs

					
Chia Seeds - 34g fibre/100g	Flax Seeds - 27g fibre/100g	Oats - 11g fibre/100g	Black Beans - 9g fibre/100g	Millet - 9g fibre/100g	Whole Grain Pasta - 8g fibre/100g
					
Chickpeas - 8g fibre/100g	Lima Beans - 7g fibre/100g	Avocado - 7g fibre/100g	Lentils - 8g fibre/100g	Soy Beans - 6g fibre/100g	Split Peas - 8g fibre/100g

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Community voices

“I’ve found I love weird foods now. Well weird to me. Mackerel, beetroot and mackerel with beetroot.”

Wendy SlimrChat Real Stories

Further reading on SlimrChat



[Macronutrients 101: Protein, fibre, carbs and fat – what really matters](#)

[Fibre is the weight loss secret weapon](#)

[Your protein manifesto: How to prioritise protein every day](#)

Section 4:

Exercise and physical activity

Step 6: Preserve muscle

Step 7: Start slowly



Exercise and physical activity - move it, move it

Movement supports your progress.

This section is about how exercise fits into your GLP-1 journey. Whether you are just starting or getting back into a routine, you will find practical tips to protect your muscles and boost your energy. There's no need to do everything at once. Choose simple ways to move that support steady, sustainable weight loss.



Building strength and stamina

Exercise plays a big part in getting the most out of GLP-1 medications like Mounjaro and Wegovy. Moving your body helps you protect your muscles, improve your mood, and support steady weight loss. It also boosts your energy levels and aids in long-term weight management.

You do not have to go all in from day one. What matters is finding ways to be active that feel doable and that you can stick with. Build exercise within everyday routines; even small amounts are beneficial. Also align exercise around your personality. Some people love fitness challenges while others can't bear the thought of the gym...read up around the type of person you are. Every little helps.

Step 6: Preserve muscle with resistance training

When your body is losing weight, it can also lose muscle unless you take steps to keep it. That is where resistance training comes in. It helps preserve muscle mass and keeps your metabolism from slowing down too much.

'Include some form of resistance training in your routine. Even adding a weighted rucksack to your daily walk will make a difference.'

This could mean using free weights, machines, resistance bands, or just your body weight. It does not need to be complicated. The key is to challenge your muscles regularly in a way that feels right for you.

Community voices

"You also need to do more to maintain your muscle mass, which requires effort and commitment."

Ben SlimrChat Real Stories

Community voices

"Any movement is good movement. I do something every day. It makes a huge difference."

Robert SlimrChat Real Stories

Step 7: Start slowly and avoid injury

If you are new to exercise or returning after a long break, it is essential to take things slowly. GLP-1 medications are often prescribed when body weight is higher, so high-intensity workouts may not be the best starting point.

If you are unsure where to start or want extra guidance, consider speaking with a fitness professional. They can help you learn the proper form and suggest routines that suit your goals.

Movement is one of the best ways to support your treatment. Strength training keeps your metabolism steady, and regular activity helps you stay energised and motivated. It's not new news; but it is easier than lots of people think.

‘Begin with lower-impact activities like walking, swimming, or cycling. These can help you build a strong foundation without putting too much strain on your joints. As your fitness improves, you can gradually increase the intensity or try new types of movement.’

Community voices

“I want to start spending more time in the gym so I can feel even healthier and stronger – physically and mentally”

Gemma SlimrChat Real Stories

Further reading on SlimrChat

[The best exercise for you might depend on your personality](#)

[How to exercise based on your personality type](#)

[The joy of getting moving as part of your weight loss drug journey, whatever your age or size](#)



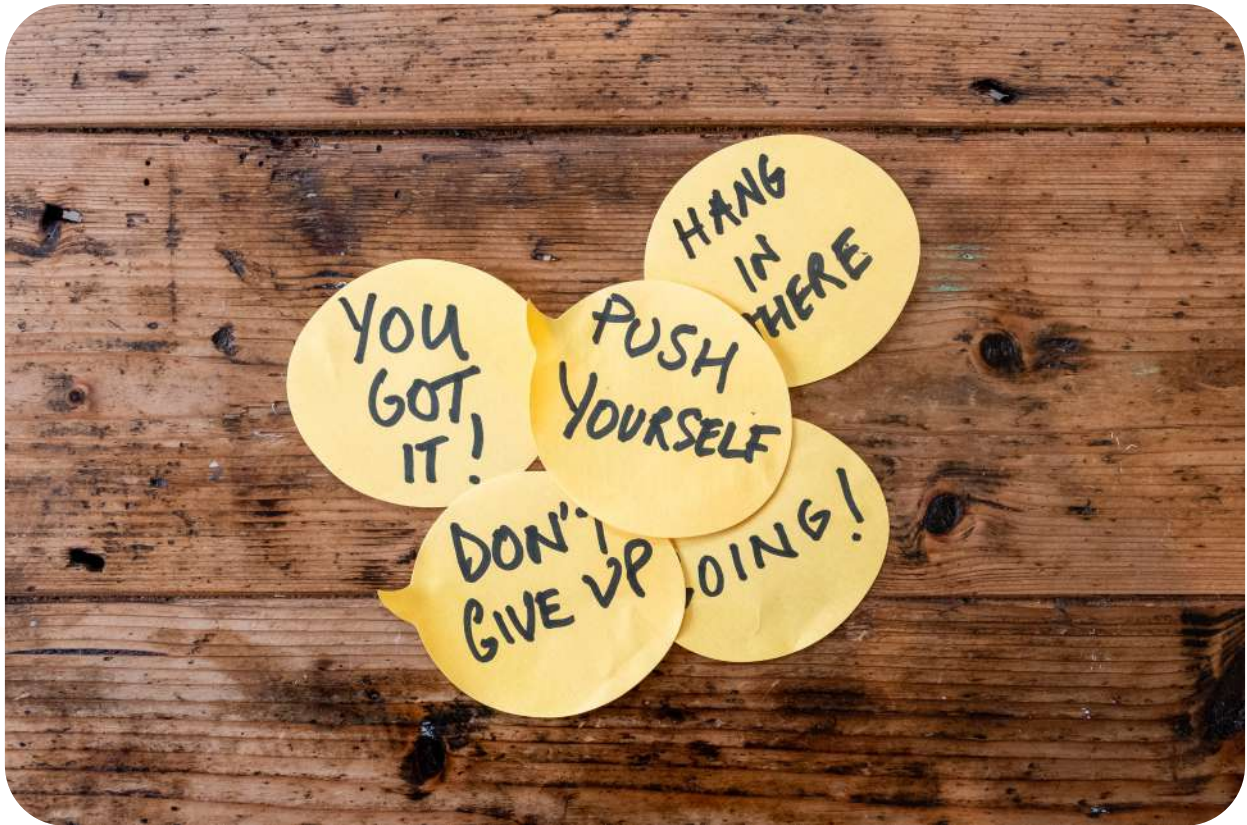
Section 5:

Habits and routines

Step 8: Build habits

Step 9: Create structure





Habits and routines - not as boring as they sound

Consistency beats intensity - which is good news for most of us. This section focuses on building everyday habits that actually stick. GLP-1 medications like Mounjaro and Wegovy can give you a strong start, but long-term progress depends on the routines you build around them. Here, you will learn how to create structure, stay consistent, and make healthy choices feel more automatic over time.

Creating lasting change

Sustainable weight loss is not about short bursts of motivation or one big decision. It is about the small things you do every day. That's why habits and routines matter when you're using GLP-1s. They can help you begin, but it's your steady choices that sustain progress.

This section is about finding a structure that works for your life and helps you stay on track without feeling restricted or overwhelmed.

Community voices

“Celebrate the small wins! Every pound lost, every healthier choice, every bit of confidence gained all adds up.”

Laura SlimrChat Real Stories

Step 8: Build habits you can stick with

The best routines are the ones you can live with. That means they fit into your lifestyle, feel manageable, and do not rely solely on willpower.

You do not need a perfect routine. You need one that works often enough to keep you moving forward.

The more these things become automatic, the easier it gets to stay consistent, even on harder days.

‘Try setting regular mealtimes and keeping healthy food easily accessible. Find a way to move your body that you enjoy and that fits your schedule. Make sleep and stress management part of the plan, too.’

Example planner to help build routines:

Your Weekly Planner (GLP-1 Friendly)

<p>Focus Eat regularly Protein first Move daily Hydrate Be Kind</p>	<p>Daily Rhythm Morning: water + light food Midday: lunch + walk Afternoon: snack + hydrate Evening: dinner + wind down</p>	<p>Movement Goals ■ 3 walks ■ 2 strength ■ 1 longer activity</p> <p>Steps:</p>
--	--	---

Day	Food Focus	Movement	Small Win
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

<p>Hydration Mon Tue Wed Thu Fri Sat Sun</p>	<p>Reflection What went well? What was hard? Next week:</p>
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Step 9: Create a structure so you do not lose momentum

When there is no routine in place, it is easy to drift. A lack of structure can make it harder to eat well, stay active, or even notice when things start slipping.

That is why tracking can help. You might jot down your meals, log your workouts, or use an app to track your progress. This is not about obsessing over numbers. It is about staying aware and giving yourself a clear picture of what is working.

If consistency is a struggle, consider asking for support. A dietitian, coach, or accountability partner can offer fresh ideas and help you build a routine that fits your life.

‘Healthy routines turn effort into progress. When habits feel natural, you do not need to rely on motivation to keep going.’

Community voices

“There will be weeks the scales don’t move, you can be doing everything right and they just won’t move. Please don’t feel discouraged”

Katie SlimrChat Real Stories



Further reading on SlimrChat

[Why lifestyle goals matter more than the number on the scale](#)



Click for more information

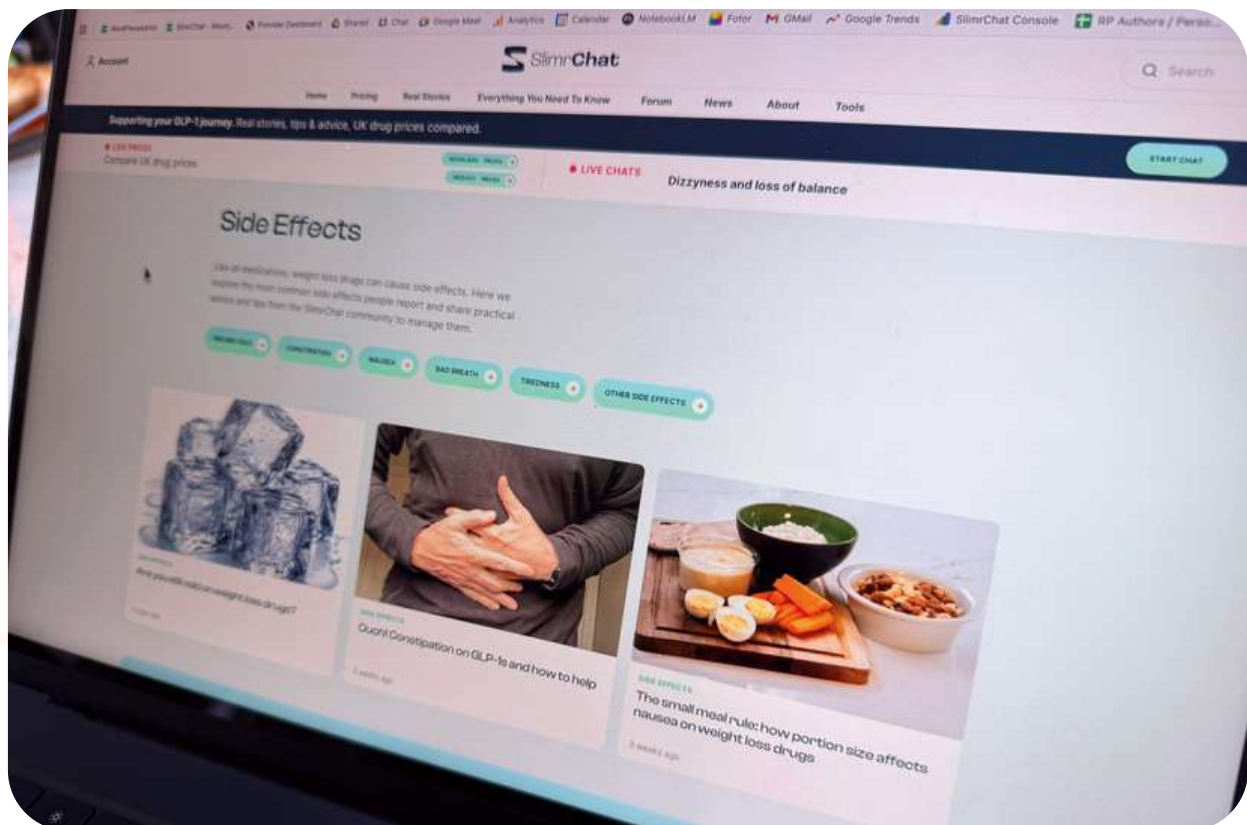
Section 6:

Side effects and medical support

Step 10: Manage side effects early

Step 11: Don't ignore side effects





Side effects and medical support - forewarned, is forearmed

Side effects are common, but they do not have to derail your progress. This section covers what to expect when starting your weight loss journey, and how to manage common side effects early and effectively. With a few simple strategies and proper support, you can stay comfortable and confident as you progress on your weight-loss journey.

Managing challenges effectively

GLP-1 treatments can be life-changing, but they sometimes come with side effects, especially in the early weeks. Nausea, constipation, and changes in digestion are pretty standard, but for many, they are mild and short-lived. The good news is that many of these effects can be managed with the right strategies and support.

‘You do not have to suffer through it. Being proactive and knowing when to ask for help can make a big difference.’

Step 10: Manage side effects early and ask for help

Start by understanding the common side effects like nausea, feeling sluggish and even feeling cold.

Drinking more water, adding more fibre to your meals, or eating smaller portions more slowly can all help.

If you are unsure what to do, speak with your healthcare provider. They may recommend changes to how or when you take your medication or give advice on what to eat and drink to reduce discomfort.

The sooner you address a problem, the easier it is to stay on track.

‘Most of the common side effects can often be eased with small adjustments, and a knowledge that they’ll probably ease.’

Here’s a quick guide to the remedies for some of the most common side effects:



Managing Your Side Effects

31 Fast Remedies for People on weight loss drugs

NAUSEA	INDIGESTION	CONSTIPATION	DIARROHEA
Drink ginger tea	Limit fat/greasy foods	Hydrate adequately (drink 6-8 glasses of fluid a day)	Hydrate with electrolytes
Eat ginger chews	Don't lay down after eating	Eat high fibre foods	Try probiotics
Go for cold foods	Antacids/Tums	Magnesium citrate	Eat bananas
Avoid hot food with smells	Chew gum	Psyllium fibre	Avoid caffeine
Eat slowly	Avoid carbonation	Get moving/exercise	Eat bland, easy to digest foods
Breathe through the "waves"	Consume peppermint	Consume prunes or prune juice	Avoid fried/greasy foods
Don't force food if you can't tolerate it	Limit alcohol	When you feel the urge, don't wait — head to the toilet ASAP	Try OTC meds: Pepto-Bismol or Immodium
Get fresh air	Eat last meal at least 3 hours before bedtime		
Eat smaller, more frequent meals			

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SlimrChat does not offer medical advice or expertise. If you require medical advice see your Doctor.

Step 11: Do not ignore side effects

It can be tempting to ignore a side effect and hope it passes. But if something does not feel right or keeps getting worse, it is time to consult a healthcare professional.

‘Ignoring side effects can make your journey harder than it needs to be.’

Susie SlimrChat Real Stories

Sometimes, your provider might adjust your dose, suggest a slower increase, or offer other support to help you keep going without feeling miserable.

Speaking up early is not complaining. It is part of making the treatment work for you.

Side effects are common, but they are also manageable. The sooner you take action or ask for help, the easier it becomes to stay on course.

Community voices

“Once my doses started to increase, I did begin to experience nausea and (at times) quite severe exhaustion for 24 hours after I jabbed. By jabbing early evening, though, I have found I can sleep through the worst of it.”

Gemma SlimrChat Real Stories

Further reading on SlimrChat

[Nausea, constipation and dizziness – common side effects of weight-loss drugs and how to ease them](#)

[Feeling rough? 10 tips for getting through common side effects](#)

[Why some people experience weight loss drug side effects and others don't](#)

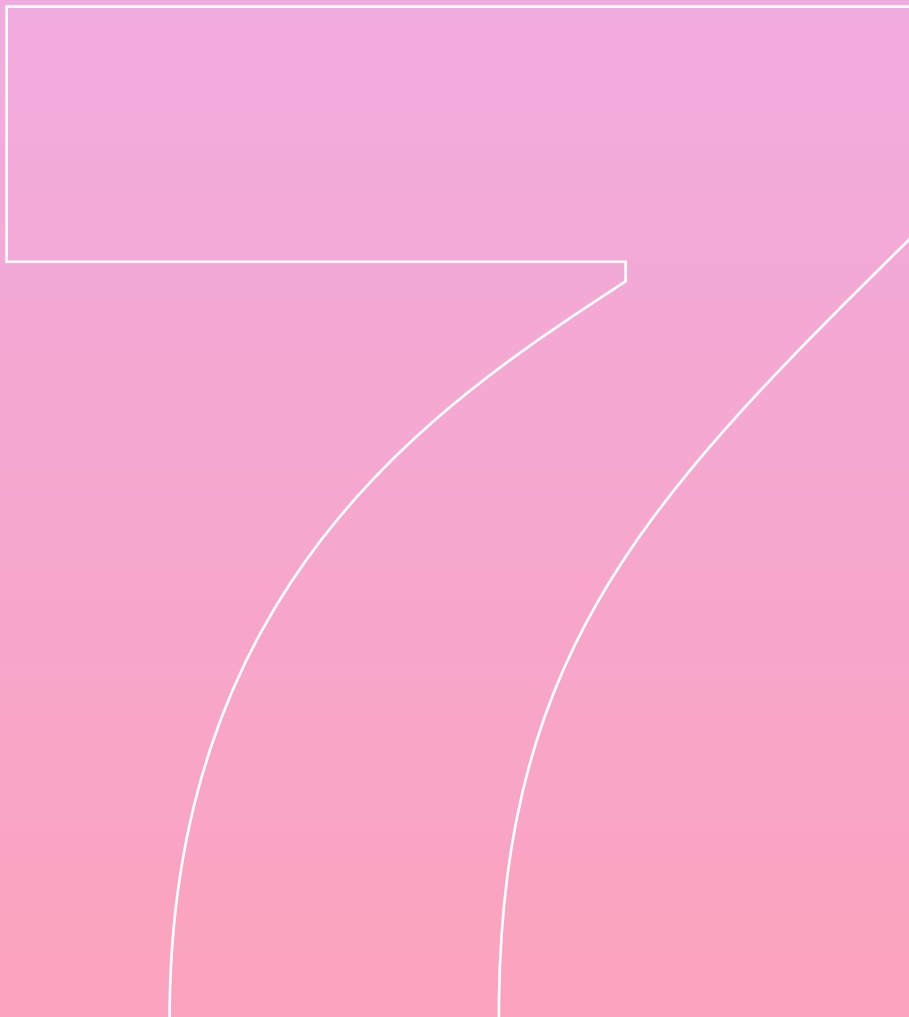


Section 7:

Community and support

Step 12: Connect

Step 13: Use the community



Community and support - we're in it together

You do not have to do this alone - and know there are people out there to help, us included. This section explores the power of community when navigating weight loss with medications. Whether you share your story, ask a question, or read along, staying connected with others on the same path can make the journey feel easier, more motivating, and a lot less lonely.

Staying connected and motivated

Trying to lose weight can feel isolating, especially when people around you do not understand what you are going through. That is why support matters so much. When you connect with others on the same journey, everything feels a little more possible.

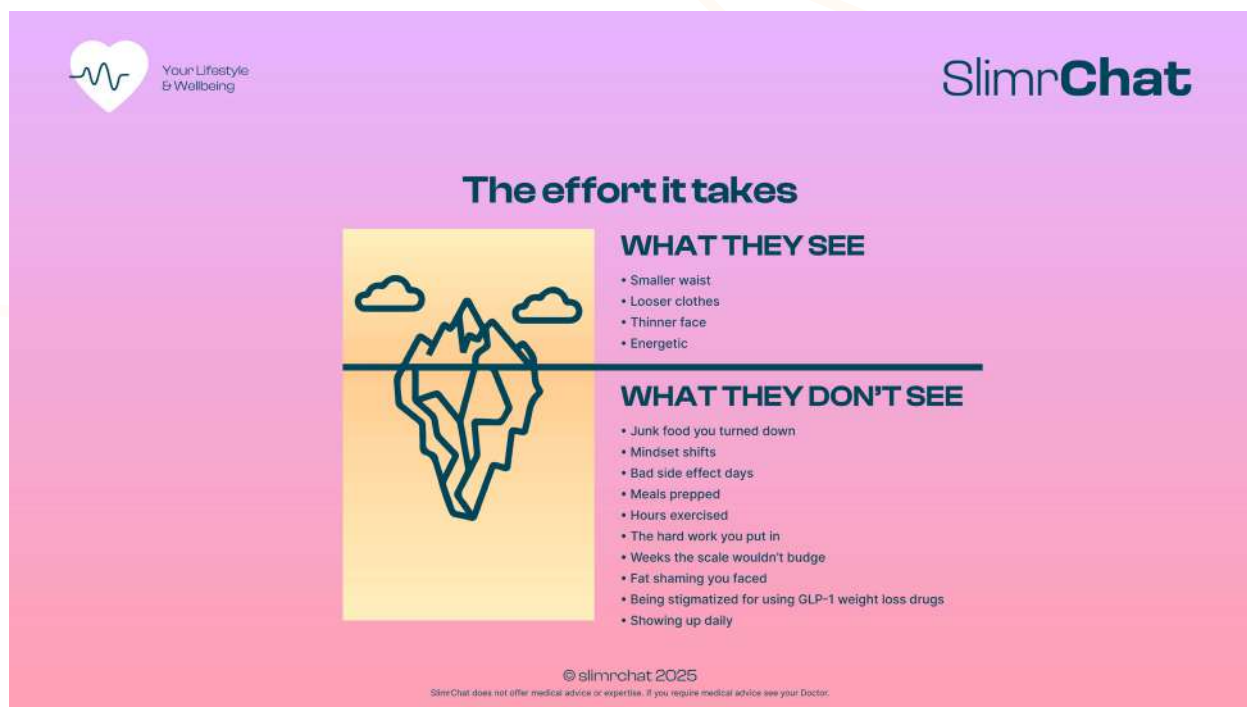
GLP-1 treatments come with their own set of challenges and questions. Having a place to ask, share, and listen can make the experience more manageable and far more motivating.

Community voices

“My partner, friends and family have all been supportive. Also my customers; I’m a hairdresser so most of my customers know everything about me.”

Emily SlimrChat Real Stories

Remember, people react to what they see - the visible effects of losing weight. They won't see the all of the other stuff - the graft, the lifestyle changes, the motivation you have had to push yourself with. There will be good days and there will be bad days and how you build support around you will be important to remain focussed.



The infographic features a central illustration of an iceberg. The tip of the iceberg, which is above the water line, represents the visible results of weight loss. The much larger part of the iceberg, which is below the water line, represents the invisible effort and challenges involved. The background is a gradient from purple to pink.

Your Lifestyle & Wellbeing

SlimrChat

The effort it takes



WHAT THEY SEE

- Smaller waist
- Looser clothes
- Thinner face
- Energetic

WHAT THEY DON'T SEE

- Junk food you turned down
- Mindset shifts
- Bad side effect days
- Meals prepped
- Hours exercised
- The hard work you put in
- Weeks the scale wouldn't budge
- Fat shaming you faced
- Being stigmatized for using GLP-1 weight loss drugs
- Showing up daily

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SlimrChat does not offer medical advice or expertise. If you require medical advice see your Doctor.

Step 12: Connect with a supportive community that understands your journey

You do not have to do this on your own. Whether it is through SlimrChat, friends, family, or others in your life, finding a support network can keep you grounded when things get tough and help you celebrate when things go well.

Being part of a community helps you feel less alone and more connected to something bigger.

'Sharing wins, setbacks, tips, and questions with people who get it can give you the encouragement you need to keep going. Even just reading what others have experienced can make a difference.'



Step 13: Use the community to make your treatment work better

‘When you take part in a group like SlimrChat, you get more than moral support. You get ideas, experience, and advice that are specific to your treatment. That might mean learning how someone else handled nausea, what worked for them during a plateau, or how they kept going after a tough week.’

Communities can help you stay motivated, adjust your expectations, and stick with the plan. You do not have to talk all the time or share every detail. Just showing up and taking part in a way that works for you is enough.

Support helps you stay motivated and feel understood. Whether you ask a question or just read along, being part of a community can make all the difference.



Join the conversation!

The SlimrChat forums are full of advice, support and tips:
[SlimrChat Forum](#)



Community voices

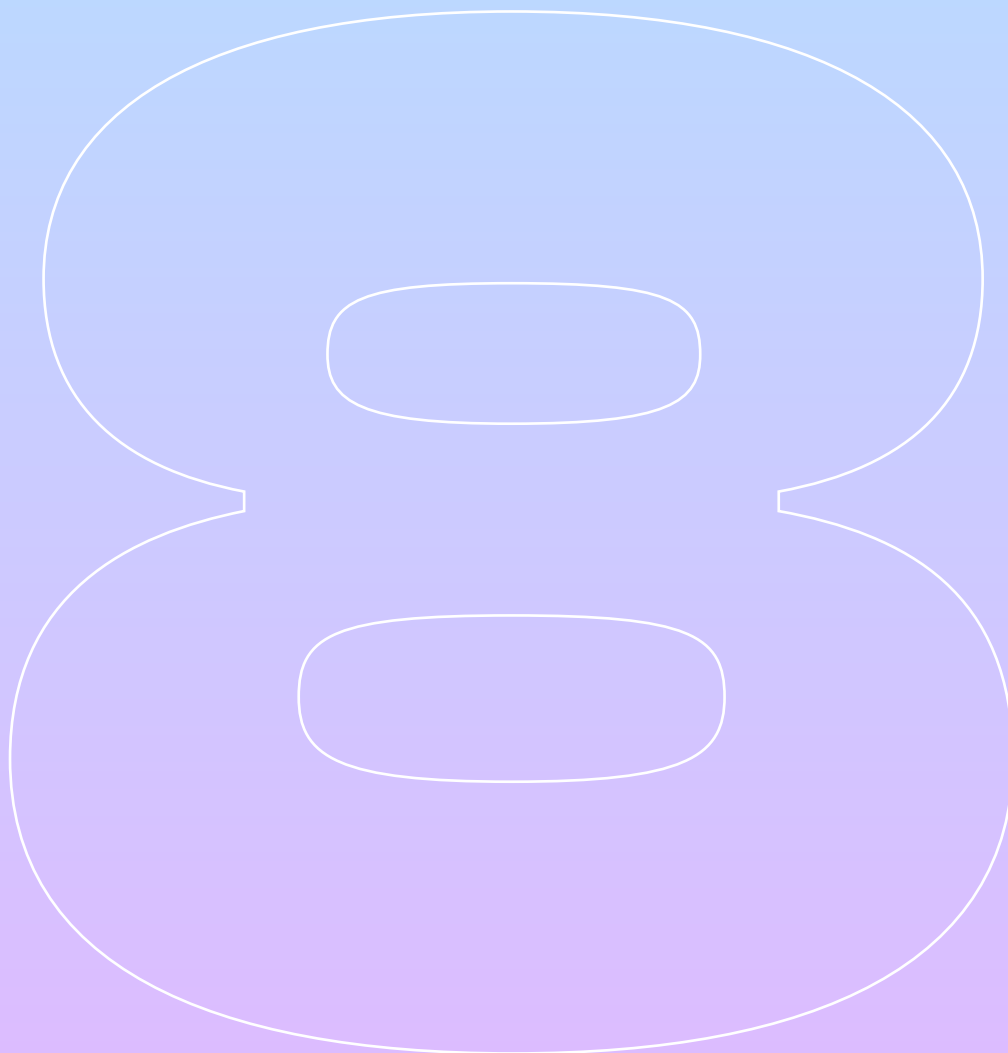
“Friends and family have been very supportive.”

Katie SlimrChat Real Stories

Section 8:

Long-term change

Step 14: Plan maintenance



From treatment to long-term change - this is a lifestyle, not a diet

You've had success and you're feeling great. It's time to make your results last by planning the transition. Mounjaro and Wegovy can help you get started, but long-term success comes from the systems you build and maintain. This section shows how to prepare for life after treatment, protect your progress, and stay on track.

Focusing on the long-term perspective

Think of the medication as a tool that creates room for change. Use that room to establish habits, implement guardrails, and set review routines that you can maintain. The goal is a way of living that remains steady when the treatment changes or ends.

Community voices

“My initial goal was to lose two stones, which will place me half a stone under the ‘overweight’ line and give me some wiggle room when I come off the jab.”

Rosie SlimrChat Real Stories



Step 14: Plan the transition and maintenance

Create a simple protocol you can follow during dose changes or when you stop treatment. This helps keep you grounded, even if your appetite increases or your routines slip.

Focus: maintenance metrics, guardrails, and check-ins.

- **Choose your maintenance metrics.** Define a personal range for weight or waist, and track two or three supporting signals, such as weekly average weight, completed resistance training sessions, and daily protein target met. It sounds laborious, but it can soon become part of your normal day.
- **Agree on the clinical plan.** With your healthcare provider, map out how and when to taper or stop, and how to handle returns from holidays, illness, or stressful periods. Life can be messy, and you'll be surprised how much a plan can help.
- **Lock in core habits.** Maintain protein intake at each meal, continue resistance training two or three times a week, and aim for a minimum of daily movement. Protect sleep and plan regular meals. Again, not rocket science, just things that work.
- **Set red flags and actions.** Decide in advance what triggers action (for example, weight up by 2 to 3 per cent for two weeks, or strength sessions missed for a week) and what you will do next: tighten meal planning, book a check-in, or increase steps.
- **Shape your environment.** Keep easy proteins and fibre-rich foods at home, plan default meals, and create simple rules for eating out.
- **Schedule reviews.** Do a five-minute check every Sunday and a longer review each month. Reconnect with your community if motivation dips.
- **Have a re-entry plan.** If you regain beyond your agreed range or struggle with hunger, speak with your provider about adjustments, including whether to revisit treatment.

Community voices

“I'd like to come off the drugs in six months and will possibly try hypnotherapy to support this.”

Wendy SlimrChat Real Stories

Community voices

“I want to be able to go to the theatre to watch a show and sit in the tiny seats comfortably.”

Lyndsey SlimrChat Real Stories

‘Make maintenance a plan, not a hope: set your ranges, keep your core habits, and act early when the signals change.’

Example: your one-page maintenance plan

1. Your maintenance metrics

Metric

Weight range
Alternative measure
Weekly check

Your target

Within $\pm 2-3$ kg of goal weight
Waist, clothes fit, or how you feel
Weight + habits + energy/hunger

2. Your core habits (non-negotiables)

Habit

Protein intake
Strength training
Daily movement
Meal structure

Target

Protein with most meals
2-3 times per week
Walking / steps every day
Regular meals (avoid long gaps)

3. Your weekly check-in (5 minutes)

Check

Weight / metric
Habits
Energy & hunger

Question to ask

Am I within my range?
Did I follow my core habits?
Do I feel in control and energised?

4. Your red flags (early warning signs)

Trigger

Weight up 2-3% for 2 weeks
Skipping workouts for a week
Daily snacking creeping back
Hunger noticeably increasing

What it means

Possible drift
Routine slipping
Structure weakening
Habits need tightening

5. Your action plan

If something slips...

Weight creeping up
Hunger increasing
Routine slipping
Motivation dipping

What to do

Tighten meal structure
Prioritise protein + regular meals
Add 1-2 extra walks
Reconnect with community

6. Your support contacts

Who

Doctor or healthcare provider
SlimrChat community
Friend / coach (optional)

When to reach out

For treatment or dosage decisions
For motivation and real-life advice
For accountability

7. Your re-entry plan

Situation

Outside your range
Struggling with hunger
Continued difficulty

Action

Reset habits for 2-4 weeks
Reintroduce structure
Speak to your healthcare provider

Your output for Step 14:

a one-page transition and maintenance plan with metrics, guardrails, review times, and contact points.

Remember

Before making any changes to your treatment, always talk to your healthcare provider. They can help you plan a smooth transition that works with your long-term goals.

Summary of steps for success - all the useful bits in brief!

Hurrah, a clear path forward - and know that this is something you really can undertake and succeed at. This section brings together everything you have learned so far. It provides a simple, step-by-step summary of the key actions to help you make the most of the weight loss treatments. Use it as a checklist, a refresher, or a starting point whenever you need to reset. These steps are designed to help you stay focused, consistent, and build lasting progress.

Putting it all together

The following steps are here to help you build lasting success with GLP-1 medications like Mounjaro and Wegovy. They bring together mindset, nutrition, movement, and daily habits to help you get the most from your treatment, work through challenges, and create lasting results. This guide is designed to give you a strong foundation for your weight loss journey and support your long-term well-being.

**Step
1**

Set long-term direction and measures

Decide what success looks like beyond the scale. Choose two or three numbers to track each week (for example, weekly average weight, steps or active minutes, resistance training sessions completed, protein target met) and write a single sentence of intent to guide your choices.

**Step
2**

Build your first four-week habit plan

Pick three small behaviours that align with point 1, set when and where they happen, and follow them for the next four weeks. Review progress every Sunday, adjust if needed, and keep the plan simple and repeatable.

**Step
3**

Find your healthy deficit range

Plan for a calorie deficit that drives fat loss without hurting energy or muscle. Monitor the first weeks closely. If weight drops very fast and strength or energy dip, increase intake slightly and reassess next week. If progress is very slow and you feel fine, decrease intake slightly and review again.

**Step
4**

Get enough protein to protect muscle

Aim for 1.2-1.6 grams of protein for each kilo of target body weight per day to preserve muscle while losing fat. If you are prioritising muscle gain with resistance training, consider 1.6-2.2 g/kg. Spread protein across meals and pair this step with resistance training.

**Step
5**

Get enough fibre for fullness and balance

Aim for 25 to 30 g of fibre per day (or about 14 g per 1,000 calories). Build up gradually and drink water. Fibre helps you feel fuller, steadies blood sugar, supports gut health, and can reduce constipation.

**Step
6**

Preserve muscle with resistance training

Include resistance training in your weekly routine. It helps preserve muscle mass, supports your metabolism, and improves long-term weight management.

**Step
7**

Start slowly and avoid injury

If you are new to exercise or easing back into it, begin with gentle activities like walking or swimming. Let your body adjust before adding more intensity.

**Step
8**

Build habits you can stick with

Find routines that fit your life and do not rely solely on motivation. Consistency beats perfection, and small actions add up over time.

**Step
9**

Create a structure so you do not lose momentum

Without a routine, it is easy to lose focus. Track your progress, check in with yourself regularly, and get support if things feel off track.

**Step
10**

Manage side effects early and ask for help

If you notice nausea, constipation, or other common side effects, do not wait. Simple changes to food, hydration, or timing can help. Talk to your healthcare provider if symptoms continue.

**Step
11**

Do not ignore side effects

Side effects that go unchecked can make treatment harder. Speak with your provider if something feels off so they can help you adjust and stay on course.

**Step
12**

Connect with a supportive community that understands your journey

Being part of a group like SlimrChat helps you feel less alone, stay motivated, and learn from others who are on a similar journey.

**Step
13**

Use the community to make your treatment work better

Ask questions, share tips, and learn from people who have been where you are. Even quiet participation can help you stay engaged and informed.

**Step
14**

Plan the transition and maintenance protocol

Set clear maintenance metrics, lock in core habits, and schedule weekly and monthly reviews. Agree on a clinical plan with your healthcare provider for tapering or stopping, define red flags and actions in advance, and keep a simple return plan if hunger rises or weight trends upward.

Further reading on SlimrChat

[How to maintain weight loss after stopping weight loss drugs](#)

[What your personality type says about your weight, and how to maintain it post-mounjaro](#)





Good luck on your journey from the SlimrChat team!

We've been through it and so have many people in our community. We do not sell the drugs, we are an independent community and information platform. We provide tips, advice and support as well as real stories from people in our community. We have a forum that people can connect and share and stay informed whilst on your journey.

We also track and compare pricing for Monjaro and Wegovy across over 100 UK pharmacies - the most comprehensive price tracker of the drugs in the UK. We do that because we believe there should be more transparency about the costs of the drugs, especially in the long-term, and that everyone should have access to the best prices.

We're with you, please spread the word!

The SlimrChat Team

[Slimrchat.com](https://slimrchat.com)