



## About Us

At our weight loss clinic, we're dedicated to helping individuals achieve their health and wellness goals through personalized and comprehensive weight management programs

# LOSE -2-4 POUNDS WEEKLY!

# SEMAGLUTIDE

## Say hello to a new era of weight management with Semaglutide!

Are you tired of the endless cycle of dieting, only to see little to no results? Well, it might be time to consider a new approach to weight loss: Semaglutide - weekly weight loss prescription. Semaglutide has been proven to be an effective aid in weight loss. Studies have shown significant reductions in body weight, making it a valuable option for those seeking to manage their weight.

LOWER BLOOD SUGAR LEVEL

IMPROVED INSULIN SENSITIVITY

SIGNIFICANT WEIGHT LOSS

BLOOD SUGAR CONTROL

-2-4 POUNDS WEEKLY

APPETITE SUPPRESSION

## Clinical studies

68-week clinical study on the effectiveness of semaglutide proven that:

- Total body weight loss of 14.6%, of the participants demonstrating the significant impact of semaglutide on weight management
- 50% of the participants experienced a reduction equivalent to 15% of their initial body weight.
- One-third of the participants lost 20% of their body weight
- FDA approved

## BOOK NOW



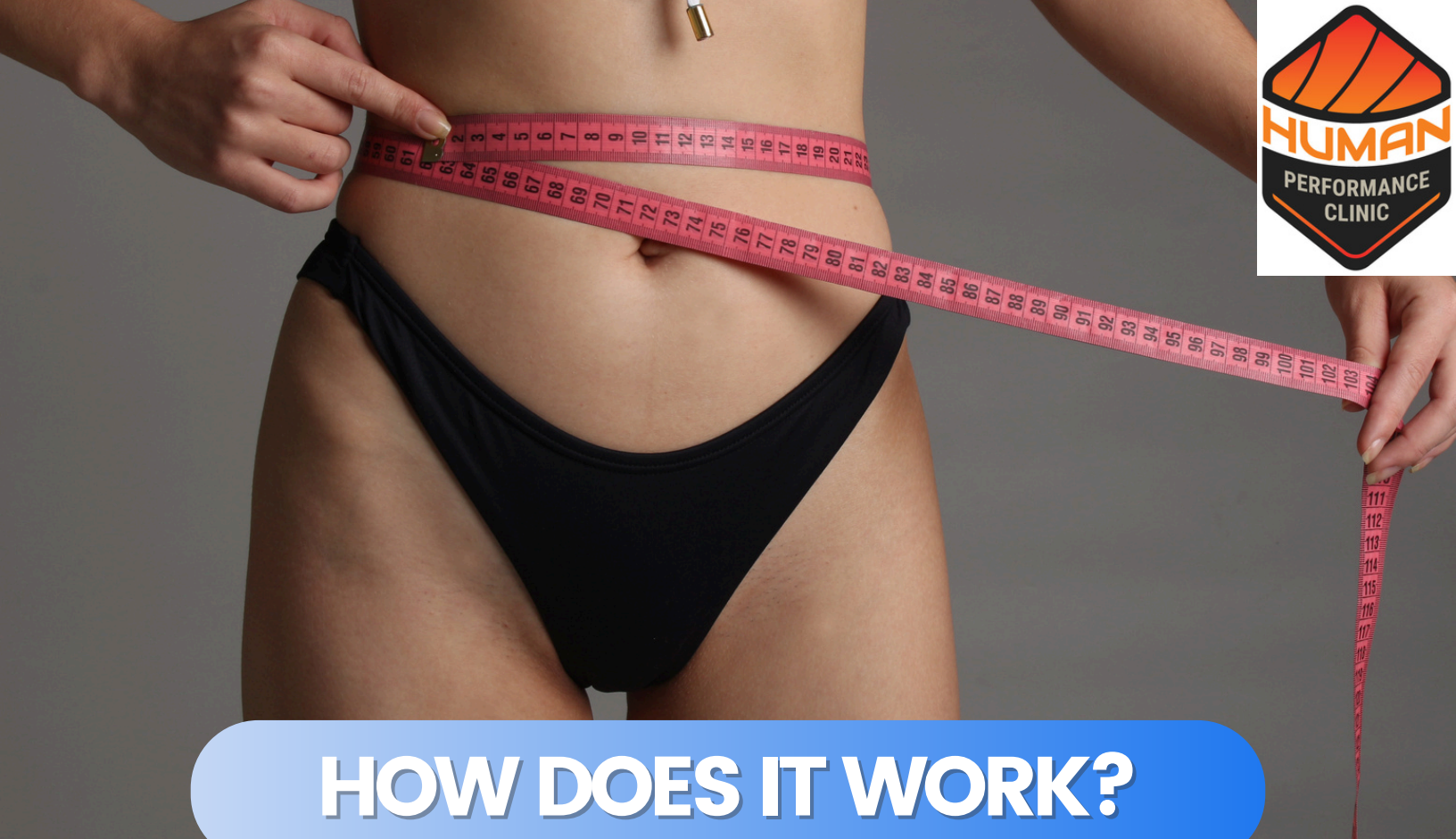
804-447-6033



info@myhumanperformance.com



9030 Three Chopt Rd STE D, Henrico, VA



## HOW DOES IT WORK?

### MECHANISM OF ACTION

Semaglutide is a medication primarily used for the management of type 2 diabetes mellitus. However, it has also been approved by regulatory agencies for the treatment of obesity and weight loss in adults with or without diabetes

Semaglutide belongs to a class of medications called GLP-1 receptor agonists, which work by mimicking the action of a naturally occurring hormone called GLP-1. Clinical trials have shown that semaglutide can result in up to 15 % weight loss in 6 months without any other lifestyle modification or diets.



### GLP-1 RECEPTOR

Semaglutide binds to and activates GLP-1 receptors located on various cells throughout the body, including pancreatic beta cells, which are responsible for insulin production



### APPETITE REGULATION

Semaglutide also acts on GLP-1 receptors in the brain's appetite centers, leading to decreased appetite and reduced food intake.



# WHY YOU NEED IT

## ABOUT SEMAGLUTIDE

Semaglutide has been proven to be an effective aid in weight loss. Studies have shown significant reductions in body weight, making it a valuable option for those seeking to manage their weight. One of the benefits of Semaglutide is its ability to reduce appetite.

Semaglutide treatment offers a multitude of benefits for individuals seeking to manage type 2 diabetes and achieve significant weight loss. Losing weight can lead to improvements in overall health, well-being, and quality of life. Semaglutide offers the potential for substantial weight loss, which may translate into tangible health benefits and improved self-esteem.



### LONG TERM

Semaglutide has been shown to sustain weight loss over an extended period. You can achieve your weight loss goals.



### SAFE METHOD

The safety of Semaglutide for long-term use is generally supported by clinical studies.

## BENEFITS

### SIGNIFICANT WEIGHT REDUCTION

Clinical trials have shown that semaglutide leads to substantial weight loss. Participants typically achieved weight loss ranging from 12% to 15% of their initial body weight.

### APPETITE CONTROL

Helps regulate appetite and food intake by acting on the brain's hunger centers. This can result in reduced calorie consumption.

### SUSTAINED RESULTS

Weight loss achieved with semaglutide treatment has been shown to be sustained over time, with participants maintaining their weight loss for up to 68 weeks of treatment.

### METABOLIC BENEFITS

Semaglutide has been associated with improvements in various metabolic parameters, including reductions in blood sugar levels, blood pressure, and cholesterol levels. These improvements can have positive effects on overall health and reduce the risk of obesity-related complications.



# Q&A ABOUT SEMAGLUTIDE

## Answers to your common questions about Semaglutide

### ✔ How much weight loss can be expected with semaglutide treatment?

Clinical trials have shown that individuals using semaglutide for weight loss can achieve significant weight reduction, with many participants experiencing a loss of 5-15% of their initial body weight

### ✔ Is semaglutide suitable for everyone seeking weight loss?

Semaglutide is generally recommended for adults with a body mass index (BMI) of 30 or higher, or those with a BMI of 27 or higher who have weight-related health conditions such as diabetes or high blood pressure.

### ✔ How long does it take to see results with semaglutide?

Results may vary, but many individuals start to see weight loss within the first few weeks of starting semaglutide treatment, with continued progress over several months.

### ✔ How long is semaglutide treatment typically recommended for weight loss?

Semaglutide treatment for weight loss is often prescribed for a specified duration, typically ranging from several months to a year or longer, depending on individual needs and goals.

### ✔ Should it be combined with diet and exercise?

While semaglutide can be effective on its own for weight loss, best results are often achieved when it is combined with a healthy diet and regular physical activity.

[info@myhumanperformance.com](mailto:info@myhumanperformance.com)



# EXPLORING SEMAGLUTIDE



## AM I A GOOD CANDIDATE FOR SEMAGLUTIDE?

### IDEAL CANDIDATE

1. **Age:** Semaglutide is generally recommended for adults aged 18 years and older.
2. **Gender:** Semaglutide is suitable for both males and females who meet the criteria for its use, including individuals with type 2 diabetes or those seeking weight management assistance.
3. **Weight:** Semaglutide is primarily indicated for individuals who are overweight or obese, with a body mass index (BMI) of 27 or higher

### IDEAL CANDIDATE

- Adults with a BMI of 30 or more (obesity category).
- Adults with a BMI of 27-29 (overweight category), who also have at least one weight-related comorbid condition such as hypertension, diabetes type 2, or hyperlipidemia.
- Pediatrics, 12 years and older with a BMI in the 95th percentile or greater.
- Struggling with obesity or overweight
- Looking for a medical-based solution

### BAD CANDIDATE

- Pregnant or breastfeeding women
- Patients with a BMI below 27 who do not have weight-related health conditions may not be appropriate candidates for semaglutide treatment.
- Individuals with a history of severe gastrointestinal disorders or conditions that may increase the risk of gastrointestinal side effects.
- Individuals with contraindications to semaglutide, such as a history of thyroid cancer, pancreatitis, or severe kidney disease.



# SEMAGLUTIDE SIDE EFFECTS

and tips for managing them:

## Nausea

Nausea is a common side effect of semaglutide, especially when starting treatment or increasing the dosage. To manage nausea, try taking semaglutide with food or splitting the dose into smaller, more frequent injections.



## Reflux/GERD

Some individuals may experience bloating, burping, or gastroesophageal reflux. Limit portion size, and avoid GERD foods. Taking Famotidine or a PPI can help if this occurs.

## Constipation/ Diarrhea

If constipation occurs, increase hydration and add psyllium/colace/ miralax in that order.

Diarrhea can occur with greasy or sugary foods when taking semaglutide.

Stay hydrated by drinking plenty of water and electrolyte-rich fluids to replace lost fluids.

## Hypoglycemia

Semaglutide may lower blood sugar levels, leading to hypoglycemia (low blood sugar). Monitor your blood sugar levels regularly, especially if you have diabetes, and be prepared to treat hypoglycemia with fast-acting carbohydrates.

## Pancreatitis

In rare cases, semaglutide may cause pancreatitis, inflammation of the pancreas. Seek immediate medical attention if you experience severe abdominal pain, nausea, vomiting, or fever, as these may be signs of pancreatitis.

FREE CONSULTATION



CONTACT US

804-447-6033 [myhumanperformance.com](https://myhumanperformance.com)



# EXERCISE WITH SEMAGLUTIDE

Exercise plays a crucial role in boosting your metabolism. When you engage in regular physical activity, you burn calories and build lean muscle mass. Combining Semaglutide with exercise helps optimize your metabolism, making it more efficient at burning fat and calories even when you're at rest.



## OUR ADVICE



### START SLOWLY

If you're new to exercise or have been inactive for a while, start with low-impact activities such as walking, swimming, or cycling.



### CHOOSE ACTIVITIES YOU ENJOY

Find physical activities that you enjoy and look forward to doing. Whether it's dancing, hiking, or playing a sport



### MIX IT UP

Try different types of exercise, such as cardio, strength training, flexibility, and balance exercises, to target different muscle groups and improve overall fitness.



### CONSISTENT

Regular physical activity is one of the most important things you can do for your health. Being physically active can improve your brain health, help manage weight, reduce the risk of disease

## SEMAGLUTIDE WEIGHT LOSS TIPS

- Drink plenty of water before, during, and after exercise to stay hydrated
- Combine semaglutide with a structured wellness program to maximize your weight loss results
- While Semaglutide can aid in weight loss, optimal results are achieved when combined with a healthy diet and regular exercise



# SEMAGLUTIDE DIETARY TIPS



## WHY IT MATTERS?

A balanced diet is crucial when using semaglutide for weight loss because it supports the medication's effectiveness, helps regulate blood sugar levels, and promotes overall health and well-being.

## ACTIONS YOU CAN TAKE



01

### Consistent meal timing

Aim to eat meals at consistent times each day to help regulate blood sugar levels and optimize the effectiveness of semaglutide.



02

### Protein and macronutrients

Increase your protein ratio. To preserve muscle eat protein in addition to leafy greens, and zucchini. Whole grains, such as brown rice, quinoa



03

### High-Fiber foods

Incorporate high-fiber foods such as fruits, vegetables, whole grains, beans, and legumes into your diet. Fiber contributes to feelings of fullness



04

### Limit processed foods

Minimize your intake of processed and refined foods, including sugary snacks, desserts, and beverages.



05

### Hydration

Stay hydrated by drinking plenty of water throughout the day. Adequate hydration supports overall health



06

### Do Not Eat:

High-glycemic fruits such as pineapple, mango, bananas, and watermelon should be avoided. High-glycemic veggies like potatoes and sweet corn should also be reduced.

A balanced diet is crucial when using semaglutide for weight loss because it supports the medication's effectiveness, helps regulate blood sugar levels, and promotes overall health and well-being.



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# SEMAGLUTIDE

IS SEMAGLUTIDE RIGHT FOR YOU?



At Human Performance Clinic, we offer the latest in weight loss medications to help you achieve your health goals.



**READY TO START YOUR WEIGHT LOSS JOURNEY?**

Contact Human Performance Clinic today to schedule your consultation!