

THE THREE NUMBERS

The scale can't tell fat from your future. On a GLP-1, up to 40% of what you lose can be lean tissue. These three numbers catch it while it is still cheap to correct. Baseline them now; re-check every 8 to 12 weeks.

01

ALMI

APPENDICULAR LEAN MASS INDEX • YOUR MUSCLE GAUGE

Arm and leg lean mass, height-normalized, read off a DEXA scan. The closest thing to a direct muscle reading outside a lab.

Watch for: ALMI falling while the scale drops. Muscle leaving with the fat.

How: a BodySpec (or clinic) DEXA. Baseline early in treatment, then re-scan quarterly.

02

GRIP STRENGTH

WHOLE-BODY STRENGTH PROXY • YOUR FORCE METER

One of the most robust predictors of long-term strength and function. It takes thirty seconds.

Watch for: grip sliding as weight comes off. Force leaving the body.

How: a hand dynamometer (~\$25). Test both hands, same time of day, weekly.

03

HRV

HEART RATE VARIABILITY • YOUR RECOVERY LEDGER

A deep deficit plus poor sleep suppresses recovery and accelerates tissue loss. HRV is the signal that keeps the protocol honest.

Watch for: a collapsing HRV trend. Add food and sleep, not more training.

How: any decent wearable. Track the 7-day trend, not single days.

THIS WEEK

- Baseline all three. You cannot defend what you refuse to measure.
- Hit 1.6 to 2.2 g protein per kg of goal weight, every day, across meals.
- Two to four resistance sessions. The demand signal the drug does not send.

- Seven to nine hours of sleep. Muscle is kept in recovery, not the gym.