Starting GLP-1 ?

(compounded GLP-1 medication)

STRONG

Build muscle while you lose weight.

Who can join?

- Adults 18+
- Non-smoker
- No exercise experience needed
- Prescribed a GLP-1 and willing to delay starting for 1-2 weeks (for pre-assessment)

Scan QR code to see if you qualify!
We'll follow up with you.

BENEFIT

- **Free supervised strength training**
  (12 weeks, 2 x 60 min/week)
- **$45 compensation**
- **Free parking**
- **Free DEXA scan**

QR CODE

Questions?
Contact research team,
jiy239@pitt.edu

University of Pittsburgh