

together,
we can
do it

FOC-745. 04/2026

healthy habits,
lasting
change

your *essential*
companion to
weight loss
medication

Slimming
World



you're in the right place

Deciding to lose weight – whatever method you use – takes courage, motivation, commitment and determination. Taking your Consultant into your confidence – letting them know that you're taking weight loss medication *alongside* your Slimming World membership – means you now have access to a whole extra layer of information and support, to give you the very best chance of lasting success.

Alongside the practical ideas, inspiration, understanding and accountability you'll get from your group each week, this booklet and our online hub gives you a suite of bespoke, weight loss medication support. As a package, they'll help you embed the essential lifestyle and mindset changes alongside the medication, ensure you maximise nutrition in the smaller portions you might fancy right now and keep your body strong as you lose weight – *for a fit and healthy future you'll love.*

become a regular visitor to our weight loss medications hub for:

- even more advice for Food Optimising with a reduced or changing appetite
- nutritious (and delicious!) ways to make every mouthful count
- muscle-strengthening activity videos for every level
- strategies and mindset tools to help you understand your own patterns, triggers and danger zones – now and for the future
- a step-by-step guide for preparing to reduce or stop the medication, when the time comes
- an exclusive podcast and Q&A video, with Slimming World's nutrition team

Slimming World provides lifestyle and habit-building support. For any questions about medication, side effects or prescriptions, please speak to your prescriber, healthcare team or pharmacist.



eating well matters now more than ever

Weight loss medications work by reducing your appetite. You're likely to want to eat less and feel fuller sooner, so you'll naturally take in fewer calories and lose weight. That might sound like everyone's dream, however the flip side of smaller portions is that it can be harder to get all the nutrients that are essential for good health. That's why it's so important to prioritise nutrient-dense foods – because every bite counts.

protein: *your* powerhouse

No matter how we achieve it, when we lose weight, we lose fat (which is what we want) and some muscle (which ideally, we want to preserve). We lose *more* muscle if our weight loss is more rapid – and research shows that's more likely with weight loss medication than with a healthy eating plan alone.

Protecting muscle is important for our overall health and for maintaining our metabolic rate (how quickly we burn calories) which helps us keep the weight off long-term. Eating plenty of protein (Free Foods like lean meat, poultry, fish, eggs, beans, pulses, plant-based proteins – look for the **P** symbol in your book) and routinely including muscle-strengthening activities will help you achieve that.



fibre

Because fibre's so filling, you might think it makes sense to avoid it – however, it's essential for good health and digestion, so it's important to find ways to build it into your meals – even if that's in smaller portions. Look out for the **F** symbol in your Food Optimising book and aim for a variety like fruit, vegetables, beans, lentils and wholegrains.

good to know!

Fibre keeps food moving smoothly through your digestive system, so it can help prevent constipation (a common side effect of weight loss medications).

drink up!

Staying hydrated can help ease some of the common side effects of weight loss medications, such as constipation, fatigue, headaches and nausea. Still and sparkling water, no-added-sugar squash, herbal and regular tea and coffee are all Free.



Food Optimising will naturally steer you towards choices like these, that will support your weight loss, help you build healthy habits for the future and provide essential nutrients.

build great routines

If your appetite's reduced by the medication, you might be tempted to skip meals. For your short-term wellbeing and long-term success, we'd urge you to resist that temptation. Even if your portions are smaller, getting into a routine with your eating (whether that's three square meals or more smaller bites across the day) can help lessen side effects of the medication, keep your energy levels steadier and reduce the risk of missing key nutrients. You'll also be creating a pattern of eating that you can stick with when you decide to move away from the medication which, alongside Food Optimising, will help you maintain the weight you lose.

manage changing hunger

As your body adjusts to the medication – and when the dose changes or stops altogether – it's normal for your hunger levels to fluctuate. The reassuring news is that by Food Optimising and eating to satisfy *your* appetite, you can avoid hunger while still maintaining a calorie deficit – **and** see the losses on the scales.

You'll find appetite-satisfying strategies in the weight loss medications hub on the app and LifelineOnline to help you stay in control and make choices that feel right for you.

get to know yourself as a slimmer

There are a whole host of reasons why we eat – not just because we're hungry. If you find that, even with the weight loss medications, your best intentions are still being derailed by those urges for high-Swip foods, you're definitely not alone! Soak up the mindset tools and strategies in the weight loss medications hub to find the solutions that are right for you.



supporting every step

We all know that getting more active brings a multitude of benefits for our physical and mental health, and we know from our own and other research that it's one of the habits that helps target members keep hold of their dream weight – as part of their new, healthy lifestyle.

It's *even more* important when you're taking weight loss medication.

Muscle-strengthening activities will help *protect* your muscle mass – to keep your body strong and maintain a healthy metabolic rate – and protect, or even increase, your bone density too.

We're not talking about bodybuilding. This is something you can start at the level that's right for you and build up at your own pace. Over time, work towards that ultimate goal of:

- 150 minutes of moderate-intensity activity per week
- **plus** two to three muscle-strengthening activities per week

good to know!

Getting more active – including moving more every day – can also help reduce side effects such as bloating and fatigue.



scan me for
strength-building
videos and more



looking ahead...

For many members, there's a worry about what happens after the medication – when their appetite returns, will the weight come back too? No matter how far away that is for you right now, we completely understand if it's on your mind.

By deciding to be a Slimming World member, you've already given yourself the biggest advantage. Stay to group and soak up the ideas, strategies, techniques and swaps you hear about each week. Start building them into your routines now, to give yourself the best possible chance of looking after your health and your weight loss for the future. And if they feel less relevant now – with your reduced appetite and less food noise – bank them for the future you!

Strengthening your habits and your resilience will stand you in great stead, well beyond the medication.

At the point where your medication changes or stops altogether, head to the weight loss medications hub to help you prepare for and adjust to this new stage.



Cajun chicken with quinoa

