

Ignite Performance and Health's Guide to Weight Loss Medicine



Scott Harshman, MD
Derek Hoffman, CPT
@ignitepah



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What They Don't Advertise About Weight Loss Drugs

WEIGHT LOSS ISN'T FAT LOSS

Cutting too many calories leaves you looking emaciated, not fit

EATING LESS ISN'T ENOUGH

You have to change your relationship with food

YOU NEED A NUTRITION PROGRAM

Real body recomposition requires holistic nutrition

YOU NEED TO BUILD MUSCLE

Looking strong and lean means building and retaining muscle





The GLP Revolution

GLP-1s (Semaglutide and Tirzepatide) are powerful tools, heralded as modern miracles of medicine, capable of significantly reducing appetite and body weight. However, these medications are just one piece of a complex puzzle.

Without a fundamental change in our relationship with food and the incorporation of strength training in our lives, the promising results from these drugs are fleeting and less impactful.



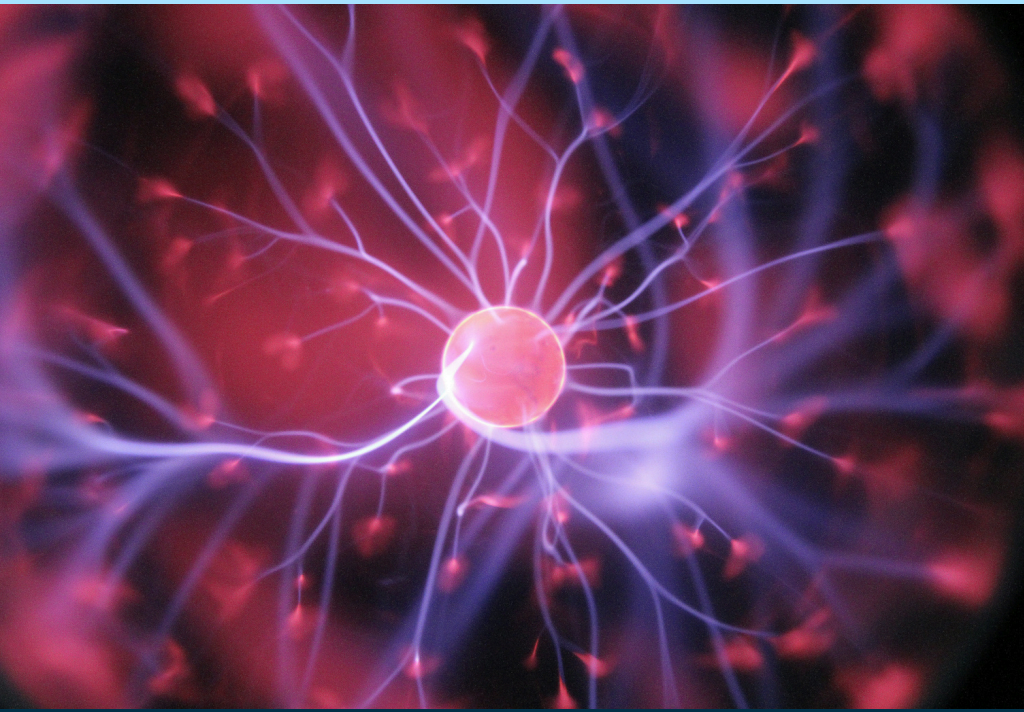


Weight Loss Drugs Guarantee Weight Loss - Not Fat Loss

Weight loss drugs work by diminishing the brain's focus on food, essentially giving users a "psychological break" from cravings. Eating much less, users see numbers on the scale drop.

But weight loss does not equal fat loss. Users often lose significant muscle mass. This loss drastically slows down overall metabolism and reduces life span and longevity.





Your Brain and Food

Our bodies are hardwired to balance calorie intake with expenditure—the evolutionary remnants of a time when food scarcity was a genuine threat.

Today, however, food is abundant and often misused as a reward or emotional salve, leading to unhealthy eating habits that are hard to break.





A Comprehensive Approach

Combining these pharmaceuticals with intensive education on nutrition and healthy eating habits, we change our client's relationship with food by teaching and providing them with long-term knowledge, skills, and support needed to make real lasting change.

Our clients are equipped with the knowledge and skills needed to make their transformation permanent.



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You Need More Muscle

Maintaining and building muscle mass is essential for aesthetics and metabolism. By integrating precision and client-crafted strength training and optimal macronutrient intake, we ensure that our clients are not just losing weight—they are sculpting their bodies to be stronger and more resilient.





Ignite Your Transformation Today

Our comprehensive approach ensures that the benefits of our program extend far beyond the duration of any drug treatment, leading to a life where balance, health, and performance are in constant alignment.

At Ignite Performance and Health, it's not just about what you lose, but what you gain in the process: strength, knowledge, confidence, and transformation.

