

Program Title:

The Ozempic Effect: Weight Management, Mediation, and Exercise

COURSE DESCRIPTION:

GLP-1 medications such as Ozempic® and Wegovy® have transformed the conversation around weight management, offering new hope for millions of individuals living with obesity. But how do these medications work, who is using them, and what happens after the weight comes off? More importantly, what role do exercise and healthy lifestyle behaviors play in achieving long-term success?

In this evidence-based webinar, we'll explore the growing prevalence of obesity, the science behind GLP-1 medications, and their effects on weight, metabolism, and overall health. We'll examine current trends in GLP-1 use, discuss the benefits and limitations of these medications, and review the latest research on preserving muscle mass, improving physical function, and supporting long-term health outcomes.

Learning Objectives:

- After viewing "The Ozempic Effect: Weight Management, Mediation, and Exercise", you will be able to:
 - Describe current trends in obesity prevalence and the growing use of GLP-1 medications for weight management.
 - Explain the mechanism of action of GLP-1 receptor agonists and their effects on appetite, metabolism, and body weight.
 - Discuss the benefits and limitations of GLP-1 medications, including their impact on overall health, body composition, and long-term weight management.
 - Outline the roles of physical activity, resistance training, nutrition, and other health behaviors in preserving lean muscle mass and maintaining weight loss during and after GLP-1 therapy.
 - List evidence-based behavior change strategies to support sustainable weight management and improve long-term health outcomes for individuals using GLP-1 medications.

Target Audience: Fitness Professionals, Strength and Conditioning Specialists, ATs, PTs, PTAs, LMTs.

Schedule and Format: Self-paced recorded webinar.

Registration Fees: See our website for details: www.exerciseetc.com

Cancellation/Refund Policy: After you get your home study course you have three days to change your mind and ask for a full refund. Just notify us within the three-day window. All books must be returned in saleable condition. That's it. No questions asked.

Course Developer and Presenter Credentials:

Mike Deibler, MS, CSCS

Mike is the owner of Premier Training, a private personal training studio located in San Diego, CA. He is also the founder of "My Workout Creator" an online exercise programming system. Mike is a Certified Strength and Conditioning Specialist (NSCA-CSCS) with a BS in Kinesiology from the University of Connecticut and an MS in Exercise and Sport Sciences from the University of Florida at Gainesville. A former All American in Track and Field for the University of Connecticut, Mike combines his success in the athletic world with his extensive education to become an elite fitness consultant and mentor for newly certified personal trainers. As a personal trainer and Boot Camp leader, Mike has helped hundreds of individuals reach their full fitness potential. Specializing in program design for athletes, functional training, and fat loss training for busy executives, Mike is also a certified personal trainer through ACE and NASM and he teaches Exercise Science at San Diego State University. Mike is our Education Director; he joined our faculty in 2008.

Contact Hours/CEUs/CECs: See our website for details: www.exerciseetc.com

Sponsors: N/A