

# Physical Activity Considerations

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## Disclosures

Scientific Advisory Board: Wondr Health, Inc.








# What do we know about Contemporary AOMs?

Weight Loss	
Better Control of Type 2 Diabetes	
Reductions in Cardiometabolic Risk	
Reductions in Adiposity	
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**Fitness only improved with the addition of exercise!**  
(based limited data so far in the literature)

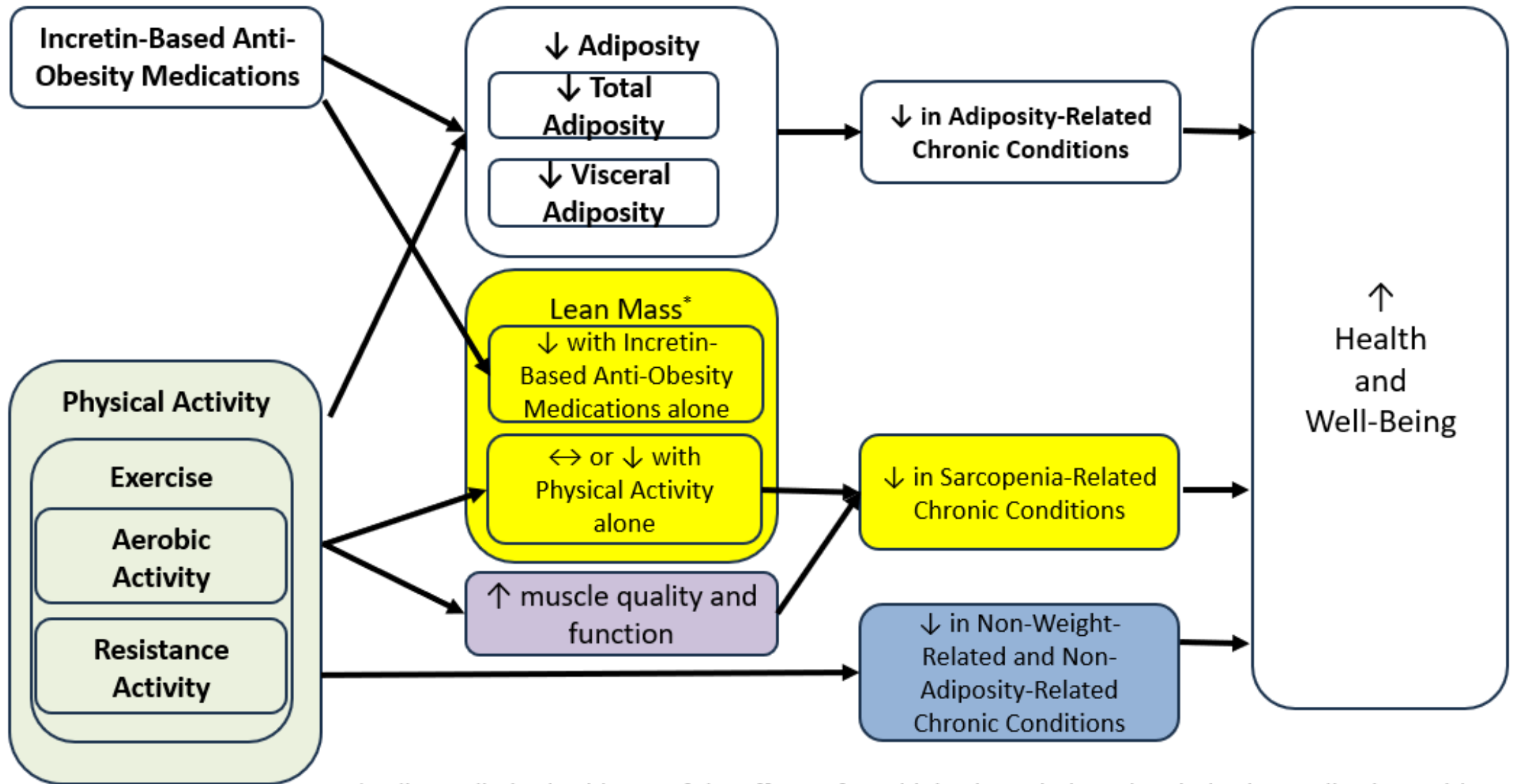
# Weight Loss vs. Body Composition

- Lean body mass  $\neq$  Muscle Mass
- Volume vs. Quality of Tissue

## Physical Activity and Exercise

- Even in the presence of loss of lean body mass:
  - Exercise increases muscle strength and function.
  - Exercise increases cardiorespiratory fitness.
  - Exercise enhanced glucose regulation and reduces insulin resistance
  - Exercise .....

The “optimal” dose, volume, intensity, and mode of exercise combined with contemporary anti-obesity medications is currently not known.



\*Indicates limited evidence of the effects of combining incretin-based anti-obesity medications with physical activity on the change in lean mass.

# Summary and Opportunities

- Weight Loss vs. Body Composition
  - Include valid and reliable measure of body composition.
  - Lean body mass  $\neq$  Muscle Mass
    - Include measures of muscle mass and other aspects of lean mass (organ tissues, etc.).
  - Include measures of bone health.
- Volume vs. Quality of Tissue: Shift the focus to quality rather than volume of tissue.
  - Clinicians can monitor quality (grip strength, functional measures, etc.).
- It is not just about the weight loss
  - Shift to **Holistic Obesity Treatment** rather than focusing on weight loss.
  - Physical Activity and Exercise enhances quality of body tissues.
  - Physical Activity and Exercise have health benefits that are not realized with weight loss alone.

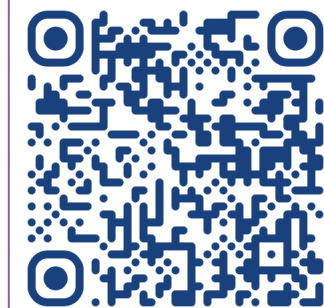
**Studies are needed to examine the “effective” and “optimal” dose, volume, intensity, and mode of exercise combined with contemporary anti-obesity medications.**

PERSPECTIVE

## Physical activity in the new era of antiobesity medications

John M. Jakicic✉, Renee J. Rogers, Timothy S. Church

First published: 17 October 2023 | <https://doi.org/10.1002/oby.23930>

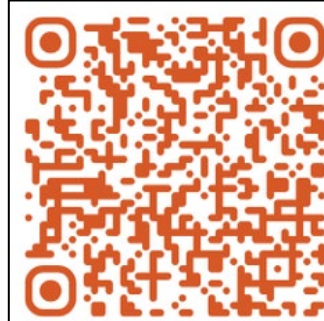


Current Obesity Reports (2023) 12:453–473  
<https://doi.org/10.1007/s13679-023-00534-z>

REVIEW

## The Role of Lifestyle Modification with Second-Generation Anti-obesity Medications: Comparisons, Questions, and Clinical Opportunities

Thomas A. Wadden<sup>1</sup> · Ariana M. Chao<sup>2</sup> · Molly Moore<sup>1</sup> · Jena S. Tronieri<sup>1</sup> · Adam Gilden<sup>3</sup> · Anastassia Amaro<sup>4</sup> · Sharon Leonard<sup>1</sup> · John M. Jakicic<sup>5</sup>



COMMENTARY

## Contemporary Treatments for Obesity: Physical Activity in the Context of Antiobesity Medications

Jakicic, John M.<sup>1</sup>; Rogers, Renee J.<sup>1</sup>; Apovian, Caroline M.<sup>2</sup>

Author Information🌐

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