

# The "Ozempic Butt" Phenomenon: Why Muscle Matters on GLP-1s

## Summary

The new wave of weight-loss drugs (GLP-1s) is incredibly effective, but there is a catch: rapid weight loss often melts away muscle alongside fat. This can lead to a saggy appearance (often dubbed "Ozempic Butt" or "Ozempic Face") and a slower metabolism. The fix? You must treat your muscle like gold by prioritizing resistance training and high protein intake while on these medications.

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If you scroll through TikTok or read the headlines, you've probably heard the terms "Ozempic Face" or "Ozempic Butt." While the internet makes jokes, these terms point to a very real medical reality: **Muscle wasting**.

GLP-1 medications (like Wegovy and Zepbound) are powerful tools that crush your appetite. When you eat significantly less, you lose weight fast. The problem? When the body is in a massive calorie deficit, it doesn't just burn fat for fuel; it burns muscle tissue too.

## Why Muscle Loss is a Dealbreaker

Losing muscle isn't just about aesthetics; it's about your metabolic engine. Muscle tissue burns more calories at rest than fat does. If you lose 20 pounds, but 10 of them are muscle, you might actually end up with a *slower* metabolism than when you started. This makes regaining the weight much easier if you ever stop the medication.

## How to Keep Your Gains

If you are on a GLP-1 journey, you have to change your strategy:

1. **Protein is Non-Negotiable:** Because you are getting full faster, every bite counts. Prioritize protein (chicken, greek yogurt, tofu) first at every meal. You need the building blocks to maintain that tissue.
2. **Lift Heavy Things:** You cannot just do cardio. Resistance training (weights, bands, or bodyweight) sends a signal to your body: "We need these muscles, don't burn them!"
3. **Slow Down:** Rapid weight loss looks good on a chart, but slower loss (0.5 to 2 lbs a week) usually preserves more lean mass.

Think of GLP-1s as a tool to open the door to weight loss, but protein and exercise are what keep you in the room.

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## Sources Cited:

- UCLA Health. (2024). *Rapid weight loss can lead to loss of muscle mass.*
- Healthline. (2023). *What Is Ozempic Butt and How Do You Treat It?*
- Peter Attia, MD. (n.d.). *The importance of maintaining muscle mass while on GLP-1 agonists.*