



## Lifestyle & Health Integration



### Healthy Diet Guidelines:

- Protein-rich foods to support muscle growth for TRT patients.
- High-fiber and low-glycemic foods for patients on GLP-1s.

### Exercise Recommendations:

- **TRT:** Focus on strength training, cardiovascular exercises, and activities that help build and maintain muscle mass.
- **GLP-1:** Focus on a combination of cardiovascular exercise and strength training, especially since GLP-1s can help with fat loss.

### Sleep Hygiene:

Both testosterone levels and weight loss can be influenced by sleep quality.

### Safety Concerns:

- **TRT:** There may be effects on fertility, cardiovascular health, and prostate health. Patients should have regular screenings.
- **GLP-1:** Gastrointestinal side effects (nausea, diarrhea). Consult a doctor if side effects persist.

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### Injection and Medication Tutorials

- **TRT:** [Intramuscular Injections - Hallandale Pharmacy](#)
- **GLP-1:** [Subcutaneous Injections - Hallandale Pharmacy](#)