



A FREE RESOURCE FOR YOUR GLP-1 PATIENTS

LOSING THE WEIGHT IS YOUR PLAN WORKING. LOSING MUSCLE DOESN'T HAVE TO BE PART OF IT.

Hi — I'm Coach RJ, a personal trainer for 16 years. I run Skinny Fat Fix — live home workouts built for women 35+ on a GLP-1 who want to keep their muscle and strength while the weight comes off.

You handle the food side. I handle the muscle side — the piece patients usually have no one for.

WHAT YOUR PATIENTS GET

- Live group workouts from home, with dumbbells — Weekdays 6:30 AM ET, 30 minutes, beginner friendly
- Every session recorded, so they can do it on their own time
- Live Form Check Sundays — every other Sunday at 10 AM ET, optional, for anyone with questions about their form
- Form checks and a community of women on the same medication
- Starts with the Beginner's 30-Day GLP-1 Body Rebuild



SHE'S AT HOME. HE'S LIVE ON HER SCREEN.

THE EASIEST FIRST STEP

FREE TOOL - FOR WOMEN ON A GLP-1

How much of your weight loss is muscle?

Up to 40% of GLP-1 weight loss can be muscle — not fat. See your estimate in 10 seconds.

SKINNY FAT FIX theskinnyfatfix.com

30 lb 12 wks

NOT SURE Some days On track

SHOW MY NUMBERS

YOUR ESTIMATE & GAME PLAN

9-12 lb may be muscle

Free tool on our site — the GLP-1 Muscle-Loss Calculator.

She enters how much weight she's lost, and how long it took.

She gets an estimate of how much of that loss could be muscle — not fat.

About 10 seconds. A clear number she can bring back to you.

theskinnyfatfix.com/glp-1-muscle-loss-calculator

COST TO PATIENTS

First week free, full access. Then \$47/month. Cancel anytime.

COST TO YOU / YOUR PRACTICE

Nothing. This is a free resource to hand to patients — there is nothing for sale to you on this.

Try it yourself first: your first week is free too, the same as a patient's — join a live session before you mention it to anyone, so you can tell them what it's actually like.

No medical advice, no medication advice — anything clinical goes straight back to you.

SEE IT / REACH COACH RJ: theskinnyfatfix.com — scroll to the bottom to message him through WhatsApp

EASIEST FIRST STEP FOR PATIENTS: the free 10-second calculator — theskinnyfatfix.com/glp-1-muscle-loss-calculator

PATIENTS START HERE: skool.com/the-skinny-fat-fix/about