

Darwin Fitness Launches Specialized Personal Training Program for Clients Using GLP-1 Weight Loss Medications

The Winter Park FL private gym combines tailored exercise regimens with personalized nutrition coaching to enhance the effectiveness of GLP-1

WINTER PARK FL, FL, UNITED STATES, March 18, 2025 /EINPresswire.com/ -- Darwin Fitness, the leading [Orlando weight loss personal training gym](#) is proud to announce the launch of a specialized personal training program designed to support clients utilizing GLP-1 receptor agonist medications for weight loss. This innovative program combines tailored exercise regimens with personalized nutrition coaching to enhance the effectiveness of GLP-1 treatments and promote sustainable, long-term weight management.



Jean-Sebastien Fabre (Darwin Fitness | Owner) with two of his actual clients

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Jean-Sebastien Fabre (Darwin Fitness - Owner)

GLP-1 receptor agonists, such as semaglutide (marketed as Wegovy and Ozempic), have gained recognition for their efficacy in aiding weight loss by promoting satiety and regulating appetite. However, research indicates that combining these medications with a structured exercise program significantly improves outcomes, including preserving muscle mass and enhancing metabolic health. A randomized controlled trial demonstrated that the combination of a supervised exercise program and the GLP-1 receptor agonist liraglutide was superior to separate

treatments in maintaining healthy weight loss.

Recognizing the importance of an integrated approach, Darwin Fitness' [Winter Park weight loss](#)

[personal trainers](#) offer clients:

- Customized Fitness Plans: NASM Certified personal trainers develop individualized exercise routines focusing on strength training, cardiovascular activities, and flexibility exercises to complement GLP-1 therapy.
- Personalized Nutrition Coaching: Nutrition Coaches provide guidance on balanced diets rich in protein and essential nutrients to support muscle maintenance and overall health.
- Ongoing Support and Education: Clients receive continuous motivation, education, and adjustments to their fitness and nutrition plans to ensure sustained progress and adherence.

“While weight loss medications can be beneficial in initiating fat loss, they do not produce long-lasting results alone,” said Jean-Sebastien Fabre, owner of Darwin Fitness. “Trust in your drug of choice, but let us draw for you the custom lifestyle plan you absolutely need to avoid systematic setbacks.”

About Darwin Fitness

Darwin Fitness is a quality-focused [weight loss personal training program in the Winter Park – Maitland FL area](#). Darwin Fitness has been committed to providing specialized fitness and weight loss solutions since 2012. Their holistic approach ensures that clients not only achieve their weight loss goals but also adopt sustainable lifestyle changes for improved health and well-being.

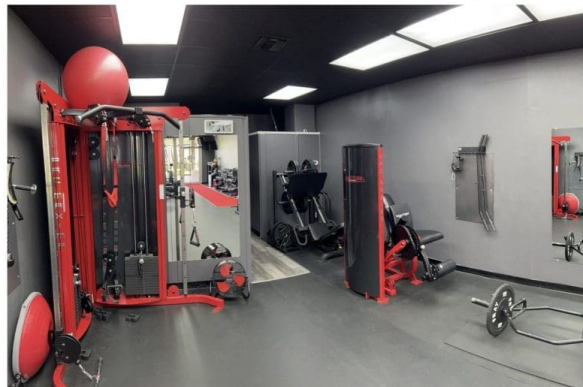
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Darwin Fitness GLP-1 fitness & nutrition coaching for successful weight loss

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