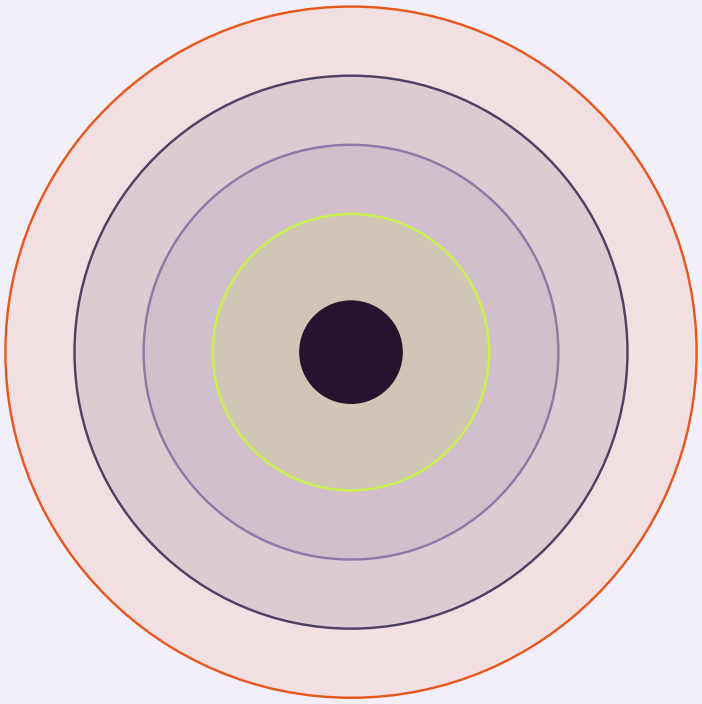


Weightless: A Doctor's Guide to GLP-1 Medications, Sustainable Weight Loss, and

the Health You Deserve

A reading of the book by Rocio Salas-Whalen (2025)

1. ACTION BOOK

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ABOUT THIS EDITION

This is HourLife's reading of Weightless: A Doctor's Guide to GLP-1 Medications, Sustainable Weight Loss, and the Health You Deserve, in our own words. It is not a substitute for the book.

BEFORE YOU START 01

The book in a minute

Rocio Salas-Whalen is a board-certified endocrinologist and obesity medicine specialist with a practice in New York City. Weightless, with a foreword by Mary Claire Haver, is her guide to the GLP-1 medicines now widely prescribed for weight loss. She argues that obesity is a chronic medical condition rather than a lack of willpower, and that the medicine works best as one part of supervised care. The book moves from rethinking weight, through choosing a provider and starting treatment, to keeping muscle with protein and strength training, handling side effects, and life after major weight loss. It also covers what to ask at appointments, how to get good care through telehealth, and what to do when the medicine does not work.

Below are the 9 ideas HourLife readers vote up most, each in our words with a note on what it asks of you, and then the steps that put them to work.

WHAT READERS KEEP

The takeaways

1 HOURLIFE TAKEAWAY

Obesity is a chronic medical condition, not a failure of willpower.

Salas-Whalen writes as an endocrinologist, and she treats excess weight the way medicine treats any long-term condition. Hormones, genetics and biology all push on it. Once you see it that way, the question moves from blame to care: what treatment fits, and who will look after it with you.

2 HOURLIFE TAKEAWAY

Eat less, move more is advice, not a treatment plan.

The book argues that the old formula ignores the biology that pulls weight back up after a diet. Food and movement still matter a great deal. They just rarely work alone for a condition the body defends this hard.

3 HOURLIFE TAKEAWAY

A GLP-1 medicine copies a signal your gut already sends.

GLP-1 is a hormone the intestine releases after you eat. Your own version breaks down within minutes, so the medicines are built to last much longer. They slow how fast the stomach empties and act on the brain's appetite signals, which is why many people feel full sooner.

4 HOURLIFE TAKEAWAY

The prescription is one part of the treatment, not the whole of it.

The medicine works best with regular check-ins, a plan for eating and a plan for movement. A prescription with no follow-up leaves you alone with the side effects and the questions. The book keeps returning to supervised, personal care.

5 HOURLIFE TAKEAWAY

Lose fat, and fight to keep your muscle.

Fast weight loss can take muscle with it, and muscle matters for strength, balance and how you age. The book's answer is more protein and regular strength training. The aim is a stronger body, not only a smaller number.

6 HOURLIFE TAKEAWAY

Choose the clinician as carefully as the medicine.

Salas-Whalen tells readers to look for someone experienced in obesity medicine and to arrive with questions. She covers how to get good care through telehealth too. A good provider watches your progress and adjusts the plan with you.

7

HOURLIFE TAKEAWAY

Side effects are something to raise with your doctor, not to grit through alone.

Nausea and other stomach trouble are common early on. The book covers how to manage them and how to tell when the plan may need to change. That decision belongs to you and your clinician together.

8

HOURLIFE TAKEAWAY

If the medicine doesn't work for you, that is information, not failure.

People respond differently, and a slow or weak response is a reason to look again with your doctor. The book has a section on what to do when GLP-1s don't work. There is usually more than one option to talk through.

9

HOURLIFE TAKEAWAY

Losing a lot of weight changes more than your body.

The last part of the book turns to life after major weight loss: how people see you, how you see yourself, and what shifts in your relationships. Planning for those changes is part of keeping the progress.

PUT IT TO WORK

Your action book

Do the setup steps once, then keep the habits going. The setup changes your week; the habits keep it changed after the first good one.

The download puts this whole reading and a printable action book in one PDF: the setup checklist, then a page of real calendar days for each habit, starting on the day you choose.

SET UP ONCE

- [ ] Find an obesity medicine specialist
- [ ] Write your health history on one page
- [ ] Prepare your questions before the visit
- [ ] Call your insurer about coverage
- [ ] Set a simple strength baseline

KEEP UP DAILY

- ◯ Start each meal with the protein
- ◯ Strength train twice a week
- ◯ Keep a weekly log for your follow-ups

30 days · Nov 6 - Dec 5, 2026

Part two, after the reading, prints each of these as a page to fill in by hand.

THE LAST WORD

Before you go

Pick one step from the action book and do it today. An idea from a book starts to count once it changes what one ordinary day looks like.

PART TWO

The action book

Change the setup once, then keep it up. 5 setup actions to do once, and 3 habits to mark each day for 30 days.

Nov 6 - Dec 5, 2026

Print it, or write on it in any PDF app.

SET UP ONCE

The setup checklist

Each of these is done once. Do one a day, and check it off when it is done.

- [ ] SETUP 1

Find an obesity medicine specialist

Search the American Board of Obesity Medicine's directory for certified doctors near you, or ask your GP for a referral.

Check whether they take your insurance before you book.

MY VERSION

DONE ON

- [ ] SETUP 2

Write your health history on one page

List your conditions, every medicine and supplement you take, past attempts to lose weight, and family history.

Bring it to your first appointment.

MY VERSION

DONE ON

- [ ] SETUP 3

Prepare your questions before the visit

Use the visit planner on this page, or write your own list.

Put your three most important questions at the top so they get asked even if time runs short.

MY VERSION

DONE ON

- [ ] SETUP 4

Call your insurer about coverage

Ask whether weight-loss medicines are covered on your plan, whether they need prior authorization, and what the monthly cost would be.

Write down the answers and the name of the person you spoke to.

MY VERSION

DONE ON

- [ ] SETUP 5

Set a simple strength baseline

Pick two or three moves you can do safely, such as sit-to-stands from a chair or wall push-ups, and write down how many you can do today.

If a health condition limits exercise, ask your clinician first.

MY VERSION

DONE ON

DAILY HABIT 1 OF 3

Start each meal with the protein

Build each plate around a protein source first, then add vegetables and the rest.

Nov 6 - Dec 5, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3	4	5	6 ○	7 ○	8 ○
9 ○	10 ○	11 ○	12 ○	13 ○	14 ○	15 ○
16 ○	17 ○	18 ○	19 ○	20 ○	21 ○	22 ○
23 ○	24 ○	25 ○	26 ○	27 ○	28 ○	29 ○
30 ○						

December 2026

MON	TUE	WED	THU	FRI	SAT	SUN
	1 ○	2 ○	3 ○	4 ○	5 ○	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP

DAILY HABIT 2 OF 3

Strength train twice a week

Do two short sessions that work your legs, back, chest and arms.

Nov 6 - Dec 5, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

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EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP

DAILY HABIT 3 OF 3

Keep a weekly log for your follow-ups

Once a week, note your energy, appetite, any side effects, and your strength baseline.

Nov 6 - Dec 5, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

MON	TUE	WED	THU	FRI	SAT	SUN
						1
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December 2026

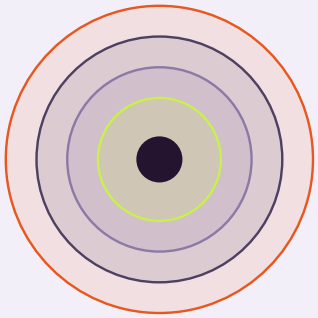
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EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP



The medicine opens the door. The care around it decides where you end up.

HOURLIFE NOTE AFTER ROCIO SALAS-WHALEN

Read it online, and vote on the take-aways: hourlife.com/books/weight-less

Made November 6, 2026 · HourLife, hourlife.com

Weightless: A Doctor's Guide to GLP-1 Medications, Sustainable Weight Loss, and the Health You Deserve · The reader's edition