PLENARY SYMPOSIUM

GLP–1 and Dual Incretin Therapies in Sport and Exercise Nutition: Clinical Promise, Performance Questions, and Emerging Risks

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Session Title: Incretin–based pharmacotherapies: what are they, why do they work and why should exercise and nutrition scientists care?

The disease of obesity is associated with many adverse health outcomes, and therefore, this warrants the need for effective treatments. The challenge is that is that obesity is a complex health condition, and the contributors to obesity include biology/physiology, genetics, behavior, and environmental factors. The emergence of more effective pharmacotherapies that are incretin–based and include glucagon–like peptide–1 receptor agonists (GLP–1RAs), have changed the treatment options for obesity. However, the landscape of pharmacotherapy continues to evolve to now include both single– and dual–acting therapies, with additional agents in the pipeline that are triple–acting therapies and other combination therapies. While these pharmacotherapies are highly effective, there remains a need consider the importance of combining these pharmacotherapies with lifestyle factors that include both exercise/physical activity and nutrition. However, how these factors can contribute to the combined and independent health benefits for persons treated with one of these pharmacotherapies for obesity remains important areas of research. Moreover, while the science is evolving in this space, it is also important, and the responsibility of the scientific community, to provide appropriate evidence–based information that can be used within the clinical care of individuals living with obesity. This also applies to the broader health–fitness industry to provide responsible and appropriate guidance to individuals living with obesity who are treated with one of the approved pharmacotherapies. This session will focus on these important areas that include: 1) the evolution of pharmacotherapy for the treatment of obesity, 2) effectiveness of currently approved pharmacotherapies for the treatment of obesity, 3) responsible approaches to integrating exercise/physical activity and nutrition into the comprehensive care of individuals treated with pharmacotherapy for obesity, 4) research opportunities involving exercise/physical activity and nutrition.