

Pairing GLP-1 Therapy With Structured Exercise Delivers **59% ROI** and **AUD\$182M** in Economic and Societal Benefits

Better health. Lower costs.
Greater value for patients, payers, and society.

59%

10-Year ROI

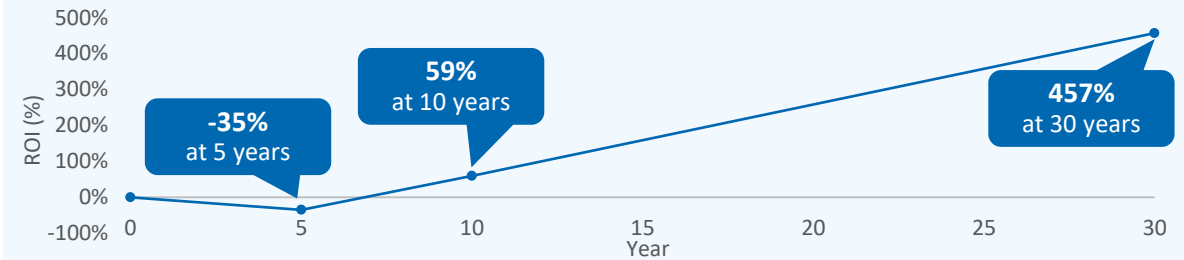
AUD\$182M

10-Year Net Monetary Benefit*

AUD\$4,723

10-Year Per-Patient Value

Return On Investment Over Time



Why Structured Exercise Changes The Economics



- 1. MORE DURABLE WEIGHT LOSS**
Exercise helps maintain weight loss after GLP-1 use.



- 3. SUSTAINED HEALTH GAINS**
Lower weight reduces cardiovascular and joint replacement risk.



- 2. LESS WEIGHT REGAIN**
When treatment ends, less weight is regained.



- 4. GREATER LONG-TERM SAVINGS**
Extended health benefits drive higher ROI over time.

10-Year System Impact

AUD\$182M In net value of improved health, reduced medical costs, and increased productivity



1,155
Knee replacements avoided



143
Strokes avoided



160
Heart failure cases avoided



145
Heart attacks avoided



614
Hip replacements avoided

Per-Patient Value (10 Years)



AUD\$3,343

Value of health gains



AUD\$1,334

Medical cost savings



AUD\$46

Productivity cost savings



AUD\$4,723

TOTAL BENEFIT PER PATIENT

POLICYMAKERS SHOULD

- Recognize structured exercise as an essential part of obesity care
- Embed structured exercise support into GLP-1 care models
- Build referral pathways between healthcare and exercise providers
- Support patient access to qualified exercise professionals and fitness facilities
- Measure outcomes beyond weight loss, including long-term health and economic value

