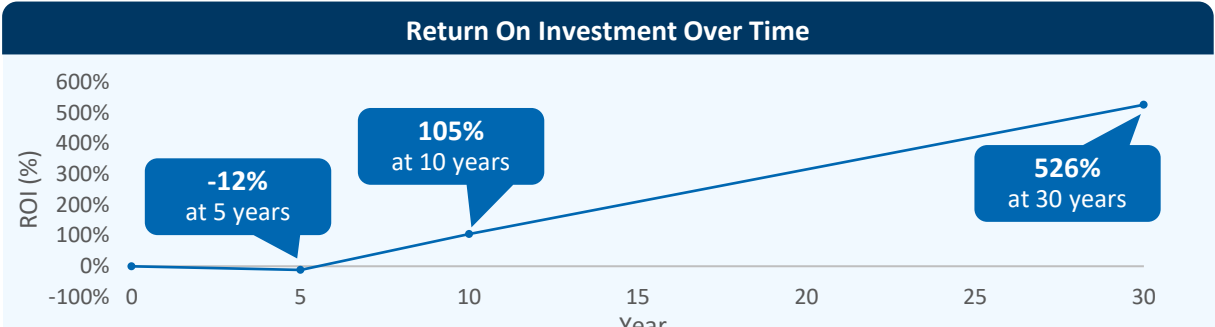


Pairing GLP-1 Therapy With Structured Exercise Delivers **105% ROI** and **CAD\$3.5B** in Economic and Societal Benefits

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

105%	CAD\$3.5B	CAD\$4,657
10-Year ROI	10-Year Net Monetary Benefit*	10-Year Per-Patient Value



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

CAD\$3.5B In net value of improved health, reduced medical costs, and increased productivity

11,009 Knee replacements avoided	1,914 Strokes avoided	2,153 Heart failure cases avoided	1,944 Heart attacks avoided	6,651 Hip replacements avoided
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Per-Patient Value (10 Years)

CAD\$3,191 Value of health gains	CAD\$1,431 Medical cost savings	CAD\$36 Productivity cost savings	CAD\$4,657 TOTAL BENEFIT PER PATIENT
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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

Source: FTI Consulting analysis, 2026

*Net monetary benefit incorporates treatment benefits (health gains, medical and societal cost savings) and treatment costs