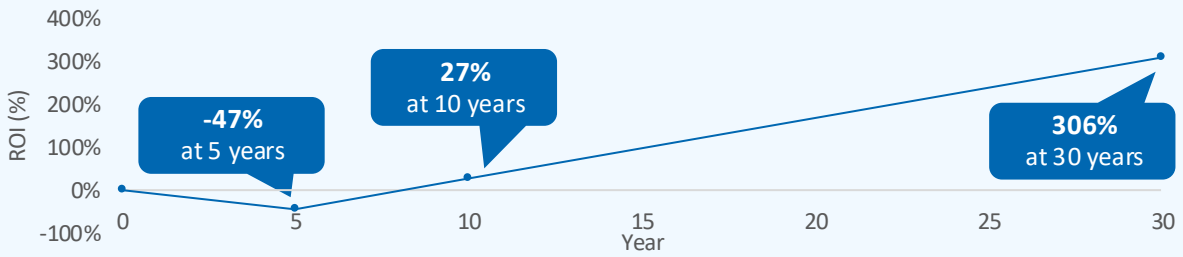
Pairing GLP-1 Therapy With Structured Exercise Delivers **27%** ROI and **NZD$51M** in Economic and Societal Benefits

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

27%	**NZD$51M**	**NZD$4,321**
10-Year ROI	10-Year Net Monetary Benefit*	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.
2. **LESS WEIGHT REGAIN**
   When treatment ends, less weight is regained.
3. **SUSTAINED HEALTH GAINS**
   Lower weight reduces cardiovascular and joint replacement risk.
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

433	77	87	78	303
Knee replacements avoided	Strokes avoided	Heart failure cases avoided	Heart attacks avoided	Hip replacements avoided

Per-Patient Value (10 Years)

NZD$3,364	**NZD$908**	**NZD$48**	**NZD$4,321**
Value of health gains	Medical cost savings	Productivity cost savings	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

Source: FTI Consulting analysis, 2026

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