

Pairing GLP-1 Therapy With Structured Exercise Delivers **164% ROI** and **£2.7B** in Economic and Societal Benefits

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

164%

10-Year ROI

£2.7B

10-Year Net Monetary Benefit*

£4,642

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

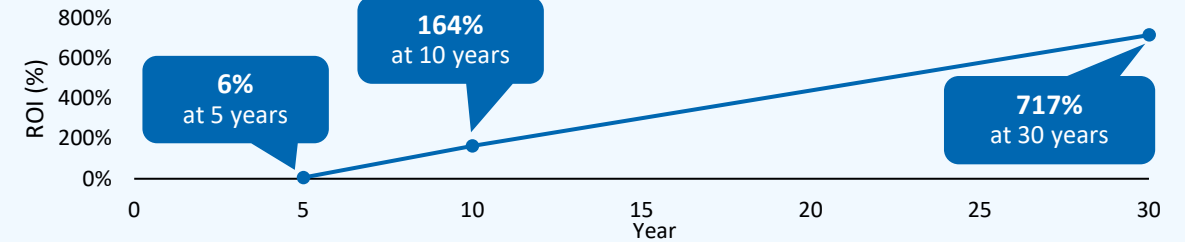
When treatment ends, less weight is regained.



4. GREATER LONG-TERM SAVINGS

Extended health benefits drive higher ROI over time.

Return On Investment Over Time



10-Year System Impact

£2.7B In net value of improved health, reduced medical costs, and increased productivity



5,917

Knee replacements avoided



1,432

Strokes avoided



1,594

Heart failure cases avoided



1,451

Heart attacks avoided



3,722

Hip replacements avoided

Per-Patient Value (10 Years)



£3,532

Value of health gains



£1,027

Medical cost savings



£84

Productivity cost savings



£4,642

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

