

Pairing GLP-1 Therapy With Structured Exercise Delivers **496% ROI** and **USD\$120B** in Economic and Societal Benefits

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

496%

10-Year ROI

USD\$120B

10-Year Net Monetary Benefit*

USD\$10,748

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.

Per-Patient Value (10 Years)



USD\$8,618

Value of health gains



USD\$2,034

Medical cost savings



USD\$96

Productivity cost savings

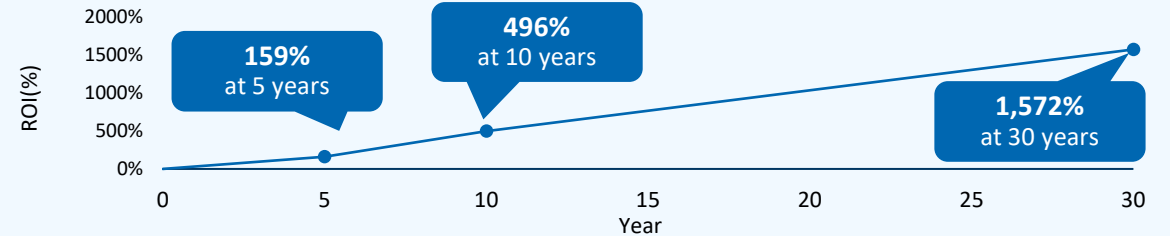


USD\$10,748

TOTAL BENEFIT PER PATIENT

Source: FTI Consulting analysis, 2026

Return On Investment Over Time



10-Year System Impact

USD\$120B In net value of improved health, reduced medical costs, and increased productivity



110,502

Knee replacements avoided



15,413

Strokes avoided



17,278

Heart failure cases avoided



15,607

Heart attacks avoided



49,311

Hip replacements avoided



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

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