

# Dr. Jones'

# WEIGHT GUIDELINES

## DO:

- 7-8 hours normal sleep every night (Ambien, Lunesta, Sonata provide normal sleep)
- Be vigorously active - 30-60 minutes ideally 6-7 days per week
- Make sure medically cleared especially if heart risks, including family history. Periodically check your fasting blood glucose, triglycerides, cholesterol including HDL and LDL)
- Be outside at least 1 hour during the day, preferably in the am (bright light or full spectrum light can be substituted)
- Have a healthy diet - South Beach or equivalent (eat 3-6 meals/snacks per day) and limit sweets and junk food
- Eat quality food and small portions
- Eat slowly and focus on the food
- Use supplements (Cooper Supplements or check with Consumerlabs.com regarding quality levels)
- Make sure thyroid levels are average/above
- Keep a diary of physical activity
- Manage stress
- Consider medication if needed

## DON'T:

- Diet or restrict calories below 1500 per day
- Skip breakfast
- Eat only 1-2 meals per day
- Take medications that cause weight gain unless there are no better alternatives
- Keep sweets and junk food around for snacks
- Consume large amounts of Aspartame (has been associated with causing weight gain)
- Eat carbohydrates without protein/fat
- Stay in stressful jobs, relationships, etc. that can't be fixed
- Binge
- Eat less than 1 gram of protein for every kilogram of body weight (more if doing strenuous work/exercise)  
Note:  $\text{kg}=\text{lbs}/2.2$ ,  $1\text{gram}=4\text{ calories}$
- Eat fast foods
- Eat while watching TV or other distracting activities
- Eat food quickly