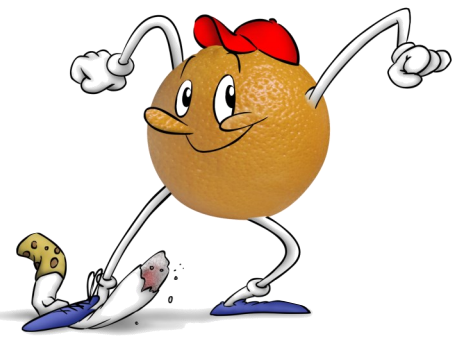


Managing Your Weight While Quitting Smoking



Quitting smoking is one of the best things you can do for your health. It will help reduce your risk of developing cardiovascular and respiratory diseases as well as some cancers. According to the American Heart Association, most people gain a few pounds when they quit smoking. The average weight gain after quitting smoking is only about six pounds. You can limit your weight gain by getting regular physical activity and choosing low-fat, low-calorie snacks.

Ex-Smokers' Nutrition Survival Kit

Many smokers miss having something in their mouths or hands.

To manage those cravings, keep these items easily available in your purse, desk, in the car or wherever you usually used to smoke!

- Carrot sticks
- Celery sticks
- Fresh fruit
- Water
- Pretzels
- Chewing gum
- Hard candy

Enjoy physical activity

Adding in daily physical activity will help maintain a healthy weight, increase your energy throughout the day, relieve stress and help you to feel good about yourself and your body as you quit smoking. You may want to join a fitness class, join a sports team, or simply start walking, running or biking around your neighborhood.

Other easy ways to get in your activity include:

- Walk whenever you can –park at the back end of the parking lot or take the stairs instead of taking the elevator.
- Take a few minutes to stretch and bend at work.
- Walk or bicycle instead of driving for shorter trips.
- Do exercises like pushups, squats, lunges, arm circles, jumping jacks, etc during TV commercial breaks or while talking on the phone.

Choose Nutritious Foods

Food will most likely smell and taste better when you have stopped smoking and you may want to eat more as a way to cope with your nicotine cravings.

Everyday, eat several smaller meals plus snacks, including a variety of whole grains, vegetables, fruits, lower fat milk products, leaner meats and meat alternatives. Snack on fruits and vegetables, low-fat popcorn, low-fat yogurt or cheese.

If you skip meals, you may be more likely to crave nicotine and overeat later in the day. In addition, drink at least 8 cups of water daily.



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