

## STEP AWAY FROM THE SCALES.

For many, weight gain is a common concern when quitting. But in this early stage of your quit, it's important to focus on the health benefits of quitting tobacco, not on your weight.



### Give Yourself a Break.

Try looking at the bigger picture. You're kicking one of the toughest addictions there is. You have to stay focused on that goal. And many people eventually start to lose the weight they may have gained as they adjust to not using tobacco.

### The skinny on weight gain.

According to the American Cancer Society (ACS), many tobacco users do gain some weight when they quit. The weight gain is on average 6-12 pounds. The US Surgeon General believes that the health benefits of quitting tobacco are far greater than any risks from the small weight gain. So stick to your quit. When you're feeling confident about being tobacco-free, then you can deal with any weight gain you may have.

## FOCUS ON WAYS TO **STAY HEALTHY.**

Your goal right now is to quit using tobacco. So try not to start any strict diet at this time. Stressing about your weight can make it harder to quit.

For now:

	<p>Try to eat plenty of fruits and vegetables (for example, blueberries are great, plus they're full of antioxidants)</p>
	<p>Try to limit your fat intake (for example, choose low fat pretzel sticks)</p>
	<p>Be sure to drink plenty of water (8 cups of water a day is recommended)</p>
	<p>Get enough sleep (6-8 hours a day is recommended)</p>
	<p>Get regular physical activity (walking can help reduce stress, burn calories, and tone muscles) – Please be sure to consult your doctor before taking on a new physical activity.</p>



# QUITTING TOBACCO DOESN'T HAVE TO MEAN WEIGHT GAIN

Quitting tobacco is the best step you can take to improve your health. Some people are worried about quitting. That's because they think they may gain weight.

## Fortunately:

- You don't have to gain weight while you quit using tobacco
- Weight gain often occurs just in the first 6 months of quitting
- Only about 10% of ex-tobacco users have a large weight gain
- Weight gain during quitting is usually small
- The average weight gain is between 6 and 8 pounds

## Tobacco and your weight

When you become a non-tobacco user, changes in your body take place. When you stop, your body no longer gets nicotine. Nicotine has many effects. One is to raise your metabolism. That means you burn more calories. But it harms your heart. When you stop using tobacco, your metabolism may go down a bit. That may contribute to weight gain. But by quitting tobacco, you'll help to protect your heart.

Being exposed to nicotine affects your whole body. After you stop, your senses of taste and smell improve almost right away. This makes foods more appealing. Some people may eat more after they quit using tobacco, that's because foods smell and taste better. Others may eat snacks to take the place of tobacco. You don't have to do this. There are many other healthy things you can do.





## Ways to maintain weight control during the quitting process

- **Plan your meals.** Decide what you are going to eat for each meal in advance. If you eat out, make healthy decisions before you look at the menu. A strong way to be more aware of your eating is to keep a food journal. Keep a small notebook with you. Write down everything you eat. Try to have healthy snacks with you. Some good choices are nuts, seeds, dried fruits, grapes, baby carrots, celery, apple slices, and bananas
- **Keep physically active.** That will help you stay at or improve your weight. It can help you reduce stress. It can help ease tobacco withdrawal symptoms. Find a favorite activity. Or simply take a walk on most days. As a non-tobacco user, you may find physical activity more enjoyable. That's because you may be able to breathe easier while you do it.
- **Reward yourself with things you enjoy.** When you give up tobacco, you have more time and energy for other things. Give yourself non-food treats. Go to a movie, listen to music, or read a book. Work on a hobby. Buy yourself flowers, jewelry, or sporting event tickets. Don't always make food your reward.

Be sure to ask your provider for help. He or she can give you ways to stop using tobacco without gaining weight.

## Continue on the path toward good health

You are making a great choice to quit using tobacco. Keep it up. Eat healthy. Enjoy physical activity. See people and do things you enjoy. Get the most out of life!





# WHAT TO DO WITH ALL OF THAT EXTRA TIME?

When you decide to quit tobacco, you will be making the best decision that you can toward better health. Using tobacco reduces your quality of life. It is also a form of pollution. Quitting tobacco can help you to stay fit and reduce stress.

Quitting tobacco means you have to overcome some physical and mental challenges. Withdrawal symptoms can start within a few hours. They often peak 2 or 3 days later and go away in time. This is a perfect time to start a healthy new hobby or habit in your life. When you try something new, it can help you get used to your new routine. It can help to keep your thoughts off of using tobacco.

## An abundance of opportunities

Make a list of all of the activities you've wanted to try.

### There are many things to choose from, such as:

- Something adventurous, like camping, kayaking, or rock climbing
- A relaxing activity, such as playing cards, reading, or gardening
- Trying a new hobby, like restoring furniture or bird watching
- Something social, like volleyball or walking with a friend
- A family-oriented activity, like bowling or playing a board game
- Something for your artistic side, like sketching a landscape or auditioning for a play

Explore the many opportunities open to you. Find something that fits well in your life. When you try new things, you find out new things about yourself. Take time to think and focus on what's most important for your health. Think about what has made you make these healthy changes.

When you're on the go, you'll soon find that it's easier not to use tobacco. You don't have to be sure you have tobacco or accessories with you. You will not have to seek out places that will allow tobacco. You won't have to stay apart from others.

When you don't use tobacco, you can really appreciate all that life has to offer. You can enjoy the smell of flowers, a ripe tomato, or fresh bread. As a non-tobacco user, physical activity will feel easier. You will enjoy it more. Not using tobacco will help you to live in the moment. It will help you get the most out of your time and relationships. You won't have to focus on how you will fulfill your next nicotine urge.

## Start enjoying life now

Don't wait. Put your quit date on the calendar along with some activities you enjoy. Focus on the simple things. And best of all, enjoy the freedom that comes with being free from your addiction to nicotine.



# THE FREEDOM FROM QUITTING TOBACCO

Being a tobacco user isn't easy. When you use tobacco, you're not free to just live your life. You always have to be sure you have enough tobacco. Sometimes you need matches, a lighter, and/or an ashtray. Can you even use tobacco where you are or do you need to go outside to light up? It's a lot of work, and your only reward may be to put yourself at risk for major diseases.

Quitting tobacco is a lot of work. But the rewards are definitely worth the effort. You help to improve your health. You may make it easier to breathe and do your daily activities. You may lengthen your life and free yourself from all the extra trouble tobacco creates.

Whether you're thinking about quitting, in the process, or have already achieved non-tobacco user status, thoughts about tobacco may enter your mind. At times, you may feel that you miss your former tobacco habit. But every time a thought like that passes through your mind, just remember:

## The freedom from quitting tobacco

Focus on all you may gain by giving up using tobacco. By doing so, you can turn a lot of negatives into positives.

- You may enjoy a newfound freedom from:
  - Having to arm yourself with cigarettes, chew, matches, or a lighter
  - Leaving the group to go use tobacco
  - Having to step out of a dinner or a movie to go use tobacco
  - Spending your money on tobacco
  - Coughing and shortness of breath

To make the most of your newfound freedom, you may want to find healthy and fun ways to spend your time. You may want to:

- Replace tobacco with a walk after dinner
- Enroll in a dance class or join a gym
- Spend time in your favorite museum or bookstore
- Invite friends over for a game night
- Learn a new skill or begin a hobby

If you have already quit, give yourself a big pat on the back and enjoy all the freedom it brings to you. Now, you will feel healthier. It will be easier to do your daily activities. You'll be setting a good example for your family. You'll have the money you spent on tobacco for other things. And you'll be free to feel good about yourself. You've done it – you've freed yourself of a nasty and destructive habit. Enjoy!



## KEEP UP THE MOMENTUM!

- Staying quit is a continuing process
  - Maintain focus on your goal
  - Remember the reasons you want to quit
- Utilize the resources you have been provided
  - Tobacco Time/Cost Calculator
  - Personal Progress Tracker
  - Handouts
  - Support
  - 31 Things to Do Instead of Using Tobacco Calendar
  - National tobacco quitline (1-800-QUIT-NOW)
- Don't forget that your provider is a great resource too!



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