



How to: control your weight when you stop smoking

Many people worry about weight gain but not everyone gains weight when they stop smoking. The dangers of smoking are far greater than those of weight gain. Go smoke-free and then take on losing some pounds as a non-smoker.



Will I gain weight when I stop smoking?

- ▶ Studies show that 75% of people DO NOT gain weight after they stop smoking.
- ▶ People who do gain some weight add an average of 5 to 7 pounds.
- ▶ Most weight gain happens in the first few weeks after stopping smoking.
- ▶ Many people feel more energy after they quit smoking.
- ▶ Some people actually lose weight after they stop smoking.

Why do people gain weight after stopping smoking?

- ▶ Nicotine in cigarettes speeds up your body rate. When you stop smoking, this stimulant is gone.
- ▶ Sometimes the craving for a cigarette is confused with a hunger pang.

Isn't being overweight as dangerous as smoking?

- ▶ NO! Smoking is far more dangerous than the few extra pounds you might gain when you stop.
- ▶ To be at the same risk as smoking, you would need to be 100 pounds over your ideal weight.

How can I control my weight after I stop smoking?

- ▶ Do not substitute food for cigarettes.
- ▶ If the urge to smoke makes you reach for food, STOP and use the 5 D's.
- ▶ After eating, take a walk, call a friend, do the dishes, or read a book. There is no reason to smoke.
- ▶ Exercise more. Use stairs, park farther away when at work or shopping, or take a walk.
- ▶ At times you may crave sugar. Try to avoid sugary foods. Try fruit, carrots, or cinnamon sticks.

When you feel the urge to smoke
REMEMBER THE 5 Ds

1. Delay
2. Drink Water
3. Do Something Else
4. Deep Breathe
5. Discuss With A Friend