



It's About Time!

How can I avoid weight-gain if I quit smoking?

It is true that you may gain weight after you quit smoking. It is normal for your body to change how it will burn off food once you quit smoking. You will naturally have changes in your eating habits once you quit smoking. Smoking speeds your body's process to burn calories.

After you quit smoking, food may taste and smell better therefore leading to bigger portions and extra helpings. Snacking may also become a method of dealing with the stress.

Fortunately, **there are ways to cope with life's stresses** since you have decided to quit!

Although you may gain weight keep your **overall goal to quit smoking**. There are ways to prevent eating when you have stress. You can focus on breaking the habit of smoking by keeping your mind busy.

How can I avoid the urge to smoke?

- **Exercise** – walk, dance, garden, hike
- **Relax** – go to a quiet place and take some deep breaths, listen to soft music
- **Eating healthy foods** – vegetables, baked food, crackers versus chips,
- **Drink water!** It helps you feel more full and satisfied
- **Remember your goal** – Stop Smoking!
- **Remember you are not alone** – Use your resources for support

Remind yourself why you should quit smoking!

Quitting smoking can help lower your chances of cancer, stroke, heart disease and lung cancer. If you already have a smoking-related illness, stopping can help improve your health. It can even improve the treatment of some medications. It is never too late to quit!!

Call the Tennessee Tobacco QuitLine at 1-800-QUIT-NOW (1-800-784-8669). IT'S FREE!!