



The health damage caused by a pack of cigarettes a day is about the same as carrying 60 or more extra pounds.

Worried about weight gain?

Fear of gaining weight is a common concern for people trying to quit smoking. On average five to six pounds are gained. The health benefits of quitting smoking are far greater than the risks associated with gaining a few extra pounds.

People gain weight while quitting because:

- Food will smell and taste better, tempting you to eat more
- Eating replaces smoking to keep your hands and/or mouth busy
- Metabolism decreases without nicotine which artificially increases the metabolism
- Feelings of hunger increase after quitting smoking
- Poor eating habits and lack of regular physical activity can contribute to weight gain

Talk to your doctor

Call your doctor if you are concerned about withdrawal symptoms, weight gain or becoming physically active. Find the quit smoking method that is right for you and include healthy eating and active living in your quit smoking plan.

For information and support to quit smoking call Smokers' Helpline at 1-877-513-5333 or visit www.smokershelpline.ca

For a copy of Canada's Physical Activity Guide, call Health Canada at 1-888-334-9769 or visit www.phac-aspc.gc.ca/pau-uap/paguide

For a copy of Canada's Food Guide, call Health Canada at 1-866-225-0709 or visit www.healthcanada.gc.ca/foodguide

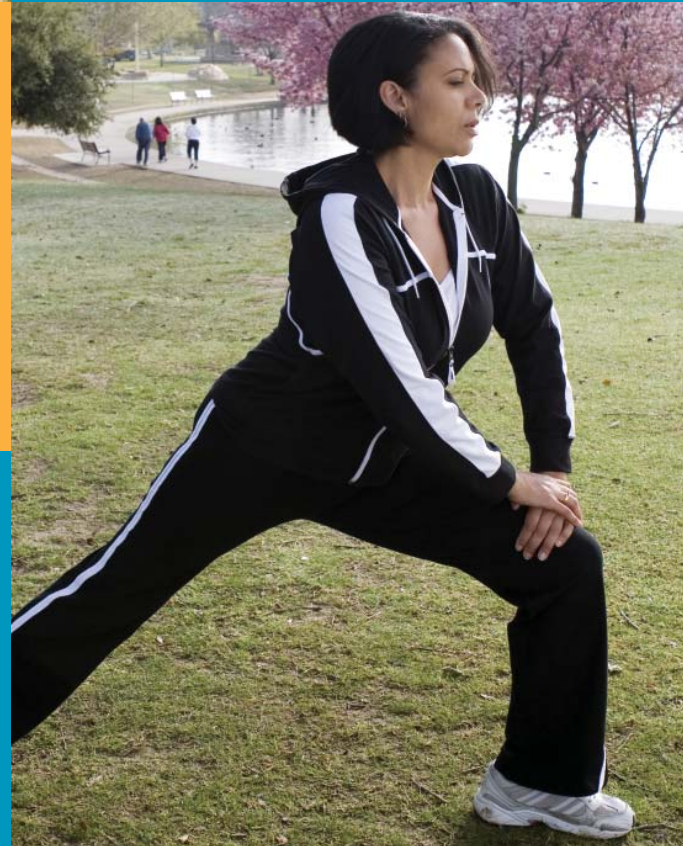
To speak to a registered dietitian about healthy eating, call EatRight Ontario at 1-877-510-5102 or visit www.eatrightontario.ca



Active living and healthy eating can help you to quit smoking.

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For more information about this or other public health topics call York Region *Health Connection* at **1-800-361-5653** or visit www.york.ca



Becoming smoke-free puts you on the right track for a healthier life, reducing the risk of heart and lung diseases, stroke and some cancers.





Including healthy lifestyle choices, such as active living and healthy eating, in your quit smoking plan can help with the challenges of quitting smoking.

Some find it easier to change to healthier eating and increased activity a few weeks before trying to quit smoking. Others find it easier to face one challenge at a time, waiting a few weeks after quitting smoking before making other changes.

Smoke-free and active living go hand-in-hand.

For many, being physically active can increase the chances of success when quitting smoking. Canada's Physical Activity Guide can help you to build physical activity into your daily life and your quit smoking plan. Getting active:

- Is an excellent stress reliever, can lift mood, and help deal with emotions
- Can help develop a new self-image as a non-smoker
- Builds a sense of accomplishment, increases confidence, motivation, and a feeling of control
- Helps lessen and distract from withdrawal symptoms and cravings
- Burns calories, reduces appetite and helps to manage weight gain
- Gives more energy during the day and helps to sleep better at night
- Improves general health

BEFORE beginning an activity:

- Check with your doctor, especially if you are over the age of 45 or have any medical conditions that may be affected by being active
- Wear the appropriate gear for the activity
- Include a five minute warm-up period to help prevent muscle injury

DURING the activity:

- Choose a physical activity that you enjoy and that can be done when you have a craving for tobacco
- Start slowly with a low intensity activity, like walking for ten minutes. Gradually increase the activity speed and amount. Aim for 30 - 60 minutes of moderate activity (brisk walking, swimming, gardening or cycling) everyday. This can be broken into 10-minute intervals
- Include weight training to build muscle. Muscle burns more calories than fat
- Remember – smoking reduces the amount of oxygen that reaches your heart, lungs and muscles. Less oxygen can mean shortness of breath and muscle cramps
- Prevent injuries; start slowly, be careful of how you bend, avoid any sudden or extreme movements of the neck and head which may lead to dizziness and falls



AFTER the activity:

- Take at least five minutes to cool down, allowing your heart rate and breathing to return to normal
- Cool down completely before showering or using a sauna or steam room. The extra heat from these facilities may cause you to faint
- Monitor any body aches. Discomfort from exercise should go away after a few hours. If you have persistent pain or swelling, see your family doctor



STOP the activity and see your family doctor if you feel dizzy, faint, nauseated, short of breath, chest or lung pain, or an irregular heart beat.

Healthy eating replaces essential vitamins and minerals.

Feeling hungry and restless is common during nicotine withdrawal. Healthy eating can help lessen weight gain and give the body vitamins and minerals that have been lost while smoking. Following Canada's Food Guide and eating a variety of foods is a good way to improve your health.

Tips:

- Eat smaller meals and several snacks throughout the day and don't skip meals. This keeps your mouth busy and prevents feelings of hunger that can lead to over-eating later in the day
- Eat breakfast everyday. Breakfast kick-starts your metabolism to help you burn more calories throughout the day
- Include a variety of vegetables, fruits, whole grains, low fat milk products and lean meats and alternatives
- Keep high fibre, low fat healthy snacks on-hand – raw vegetables, fresh fruit, nuts, plain popcorn or pretzels. Avoid junk food and impulse eating
- Drink plenty of fluids. Water helps to flush the nicotine out of the body and keeps your mouth and hands busy
- Avoid caffeine and alcohol until you have successfully quit. These may trigger cravings for a cigarette, especially if you used to smoke and drink together
- Eat foods rich in vitamins A (e.g., red and orange vegetables and fruit), B-6 (e.g., beans and fish), B-12 (e.g., meat, fish and poultry), C (e.g., citrus fruit) and E (e.g., nuts, vegetable oils and green leafy vegetables) as nicotine robs the body of these vitamins

