



Quitting without gaining

Congratulations you have decided to quit smoking. But like most people you are concerned that you will gain weight. Not everyone gains weight when they quit smoking. Below are some suggestions to help you.

Two things that seem to cause weight gain:

1. Your body metabolism slows down when you quit smoking so you need 100 to 200 calories **LESS** each day.
2. Using food to replace smoking may make you eat more than usual.

Slight changes to your eating habits and level of exercise will help prevent you from gaining weight.

Benefits of exercising regularly:

- Burn extra calories.
- Makes you feel less hungry.
- Helps you sleep better.
- Helps you stay calm and reduces stress.
- Helps to release the mucus in your lungs from smoking.

Different kinds of exercise:

- Walking 30 minutes is 100 to 200 calories.
 - Jogging 30 minutes uses 300 calories.
 - Aqua fit 30 minutes burns 300 calories.
 - Park the car further away from your destination if you have to drive.
 - Take the stairs.
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Watch what you eat:

- Eat well balanced meals. Follow “Eating well with Canada’s Food Guide”.
- Include fibre in your diet. Fibre is found in whole grain products, fruits, vegetables, nuts, seeds and legumes (such as chick peas, kidney beans and lentils).
- Snack on healthy treats such as celery or carrot sticks, raisins or sunflower seeds. Always have them on hand.
- Drink at least 8 cups (2 liters) of water a day as it makes you feel full and helps reduce constipation which is a common withdrawal symptom.

