



## Quitting Smoking Is a Healthy Choice

**You indicated that you smoke or that you are in the process of quitting smoking.**

### **If you quit smoking...**

- You'll feel healthier and have fewer health problems.
- You'll be able to walk farther or play harder without becoming short of breath.
- You'll save money. Put the money you would have spent on cigarettes in a jar and save to buy something nice.
- Your sense of taste and smell will improve.
- Your clothes, car, and home will smell better.
- Your fingers and nails will lose the yellow stain.
- You'll stop burning holes in your favorite things.
- After 1 year of living tobacco-free, your risk of heart disease drops by one half.
- You'll be a role model to others who are trying to quit.

### **Worried about weight gain from quitting smoking?**

- On average, smokers weigh less than non-smokers, but at great cost to their health.



- Those who quit smoking may gain about 7-10 pounds. This is often due to replacing cigarettes with high-calorie foods. The health benefits of quitting offset the risks of gaining a small amount of weight.
- Avoid weight gain by sticking with your healthy eating and physical activity plan. Rather than reaching for a less healthy snack to satisfy that craving, choose a glass of water, a piece of gum, a healthy snack, or take a brisk 5-minute walk to distract yourself.
- Managing your weight and quitting smoking together can help you control the weight gain normally associated with quitting.



**Make a choice to live a healthier lifestyle by striving for a healthy weight and being tobacco free.**

