

# CONCERNED ABOUT WEIGHT GAIN?

## WHAT YOU NEED TO KNOW ABOUT WEIGHT GAIN

Nicotine dulls your taste buds and so after you quit smoking, you will find that food actually tastes better! - Bonus.

Some people lose weight when they quit smoking and others may gain weight when they quit smoking. For most, the weight gain is very minimal, and when compared to the risks of continuing life as someone who smokes, the risks are minimal as well. Once you've quit you will feel healthier and more energetic, and no more bad breath, yellow fingers or teeth to deal with. Your body will return to its normal state - the way it was meant to be, before it was exposed to the chemicals in tobacco.

If you are concerned about weight gain after you quit tobacco, try some or all of the tips listed below to fight off extra pounds. Our suggestion - do things in order. First, stop your tobacco use, then deal with any weight gain.

## TIPS TO HELP FIGHT OFF THE EXTRA POUNDS:

### Keep Healthy Snacks Ready

Try carrot sticks, celery, sunflower seeds, or popcorn

### Get Some Exercise

Take a few minutes of your day and go for a walk

### Plan ahead

Plan out your meals and snacks so you won't be tempted to grab last minute meals, which are often unhealthy

### Eat Slowly

Food will taste better now that you have quit smoking so take time to enjoy it!

### Avoid Nibbling

If you need something to do with your hands, pick something besides eating (e.g. doodle on a piece of paper)

### Eat At Regular Meal Times

Having a schedule will teach your body when to be hungry

### Stop and Think Before You Eat

Before you eat, stop and think, "am I hungry or am I bored?" If you are bored, find something else to do

### Drink Water

Drinking water will help you feel full so aim for 8 glasses per day