



Who gains weight, why, and how can I avoid it?

- The average person who quits tobacco gains between four and 10 pounds.
- Avoiding high-calorie drinks and exercising can prevent weight gain.
- Some even lose weight after quitting smoking.

Focus on quitting and getting healthy, rather than weight

- Make quitting priority one. The best thing you can do for your health is to quit tobacco.
- Get fit. Replace tobacco with exercise.
- Stay positive. Every cigarette you don't smoke improves your health. The less you smoke, the more you can exercise.

Strategies to help you stay quit will also help you maintain a healthy weight

- Retrain your mind. When you feel an urge, take a deep breath. Sip water. Cravings will pass.
- Stay physically active.
- For free help 24/7 to quit:
 - Call **800-QUIT-NOW** (800-784-8669)
 - Or text **READY** to 200-400
 - Or visit www.WiQuitLine.org

Consider using medication

- Talk to your doctor about medications to help you quit. Some medications have been shown to delay or limit weight gain after quitting.



Change your routines

- Keep your hands and mouth busy. Try toothpicks, straws, pencils, or gum.
- Drink plenty of liquids, especially water. Limit coffee, soft drinks, and alcohol—they can increase your urges.
- Exercise regularly.
- Get more sleep.
- Don't skip meals. Research shows your metabolism improves with regular meals. Eat slowly. Enjoy it.
- Try relaxation techniques. Breathe deeply. Stretch. Do yoga.
- Reward yourself every day or every week that you stay quit. Don't use food or drink as a reward.
- Consider getting professional help for weight control.