



Living Tobacco-Free:

BENEFITS AND TIPS FOR GETTING ACTIVE

Physical activity and exercise are key parts of a program to quit tobacco. Exercise can help you lower your level of stress and keep your weight in control after quitting—both of which will make it easier to stick to your new tobacco-free life.

The most common benefits of physical activity and exercise are:

- Improved emotional and physical well-being
- Lowered risk of high blood sugar, heart disease, high cholesterol, and high blood pressure
- Body weight management
- Increased energy level
- Improved self-image
- Strengthened heart, lungs, bones, and muscles
- Increased strength and joint movement

If your goal is to live tobacco-free, activity can:

- Help replace the habit of smoking or chewing
- Help lower stress and help you to relax
- Improve your mood

- Help lessen depression
- Improve your body's ability to heal from tobacco damage
- Increase motivation toward healthy actions
- Build confidence
- Help lessen nicotine cravings

Follow these tips for getting active while quitting:

- Talk with your medical doctor before starting any new exercise program.
- Start slowly.
- Turn daily activities into exercise.
- Plan to exercise during the times you used to use tobacco.
- Work up to at least 30 minutes daily.
- Set goals.
- Track your progress.

After you've been active for a while, you may start to notice changes in your body and in the way you feel. Your nicotine cravings likely won't be as strong as they used to be. In fact, you may start to crave healthy activity—not a nicotine high.

Your muscles may become stronger and more toned. You will be able to deal with stress and face challenges more easily. And your heart and lungs can start to heal from tobacco use.

Ask your health care practitioner if there are any tests, referrals, or treatments that might be helpful to use along with your current treatment plan.