

Exercise Will Improve Your Chances of Quitting

Just **10 minutes** of moderate intensity exercise can reduce your desire to smoke or dip. *Move more, smoke less!*

Exercise can diminish nicotine withdrawal symptoms and help you avoid relapse. Exercise can also reduce the intensity of withdrawal symptoms.



BOREDOM, STRESS, AND ANXIETY

are common withdrawal symptoms and can cause cravings, but one recent study found that a group of tobacco users who exercised had better moods and fewer tobacco cravings than a group who did not exercise! *How about that???*

Choose Foods That Can Help You Quit

Take advantage of an improved appetite by doubling up on fruits, vegetables and drinking lots of water.

- Carry a bottle of **juice or water** with you, especially when you know you'll be tempted to smoke.
- Have an apple, grapes or other low fat substitute at those times you were used to lighting up.
- Keep cut-up vegetables, such as celery or carrots, on hand.
- Grab a piece of cheese to curb the urge to smoke.
Commit to your plan & **you don't need to gain weight !!!!**



Make a plan and commit to seeing it through. Set yourself up to succeed with professional support and support from your family and friends.

Remember why you want to quit. What is important to you? **Write it down, post it in a visible place, and remind yourself often.**

- ✓ *More physically fit. Cause & Effect*
- ✓ *More time. 1 pack/day = 90 lost minutes/day*
- ✓ *More money. Save \$3K in 1 year for a 1 pack a day smoker in WA !*
- ✓ *Set a good example for your family.*
- ✓ *Live longer and healthier. Really :-)*

Stick with it. Withdrawal symptoms and cravings will pass if you resist the urge to use tobacco. Cravings **last about 3 minutes**. You can help yourself by changing your thoughts, do something different. Call a friend, drink some water, take a walk.

Remind yourself why you want to quit and the benefits from doing so.

Prepare for challenges. Practice what you'll say and do when someone offers you a cigarette or dip or invites you to join them.

NAVAL HOSPITAL BREMERTON *Tobacco Cessation*



RESOURCES TO HELP YOU QUIT AND STAY QUIT FOR GOOD!

For an appointment with a tobacco cessation counselor please call:
360-475-4818

For health promotion programs for your command or military community group please call: **360-475-4541.**



LOCATE SUPPORT

Research shows that you are more than **twice as likely** to succeed at quitting if you participate in a tobacco cessation program that includes support.

Talk with your medical provider and/or dentist about the best ways to quit and if tobacco cessation medications are right for you.

You can call and schedule an appointment with a Naval Hospital tobacco cessation counselor. **Call 360-475-4818 for an appointment**. Together you will develop a quit plan which will include either individual or group support as you go through the quitting process.

"Quitting is a process that is not always easy. It requires time, patience and a desire to change. We have the tools and experience to help you succeed."

Pat Graves
Tobacco Treatment Specialist

Online and telephone support is available when you need it most:

QUIT TOBACCO.

make everyone proud

www.ucanquit2.org

TOOLS TO HELP YOU QUIT:



CHAT ONE ON ONE WITH A CESSATION COACH IN REAL TIME. 7 DAYS A WEEK, 8:30 AM TO 10:00 PM EST



SIGN UP FOR FREE TEXT MESSAGE TIPS TO HELP YOU QUIT SMOKING OR DIPPING



ADD UP THE MONEY YOU'LL SAVE WHEN YOU QUIT

\$8.39 is the average cost of a pack of cigarettes in WA

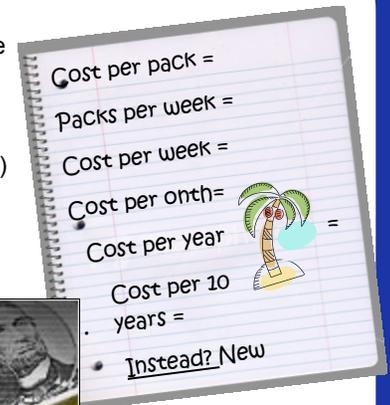
1 pack a day (\$8.39)

X 1 year

\$3,051.40 a year!!!



www.ucanquit2.gov



FAQ's

Will I gain weight? *Its common but not required. That is up to you. A pack a day smoker burns calories equal to less than a can of pop. Gaining weight is **not** required.*

*It's a great time to make other healthy lifestyle changes such as increasing water, eating the right things, fruits, vegetables, lean meats and exercising regularly and watch your weight **fall** !*

Do I have to attend a group program?

Follow up appointments can be scheduled one on one or as a group. Studies show that groups offer the best support for most people, however we will work with you to provide support that is convenient and respectful of your schedule and personal preferences.

Quit for yourself and for everyone who cares about you.