

# Weight Control After Quitting

## Healthy Tips & Ideas

Tobacco use is one of the leading causes of cancer, especially lung cancer. In Wisconsin, lung cancer is the most common cancer for both men and women.

Tobacco increases your risk of getting other types of cancers. It also increases your heart rate and blood pressure. Tobacco includes snuff, smoking and chewing tobacco.

Quitting tobacco can change your eating habits and your metabolism. A change in eating habits and metabolism can make controlling your weight difficult. To help control your weight after quitting, follow these simple tips:



### **Don't dwell on it**

Remind yourself that the best thing you can do for your health is to quit. Be proud that you

decided to quit and are improving your health. The weight gain is short-term and will pass.

**Choose to get fit** Exercise can ease withdrawal symptoms, improve your chances of staying tobacco-free and make you feel better. Prepare yourself to be active.

### **Every bit of physical activity counts**

Even small amounts of physical activity can help reduce weight gain. You can take a walk with your family after dinner. Or, you can park your car in the back of the parking lot for extra walking.

**Don't skip meals** Metabolism is the rate at which your body burns calories. Eat meals regularly to keep up your body's metabolism.

**Talk to your doctor** There are medications that can help you quit tobacco. These medications may delay or limit weight gain after quitting. Talk with your health care provider to see if medication is right for you.

**Keep your hands and mouth busy** Try low-calorie foods for snacking such as carrots, pretzel sticks or sugarless chewing gum. Keep yourself busy with an activity that you enjoy such as gardening, sports or other hobbies.

**Be careful with rewards** Try not to celebrate quitting by rewarding yourself with foods. Rewarding yourself with food could lead to weight gain.

### **Drink lots of water**

Drink water to help you wash nicotine and other toxins out of your system. Limit coffee, tea and soda because they can increase your urge to use tobacco. Avoid alcohol and high-calorie drinks.



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## Where can I get more information?

The Wisconsin Tobacco Quit Line offers free coaching, planning assistance, tips on how to quit and a free two-week supply of the nicotine gum, patch or lozenge.

**Phone:** 1-800-QUIT-NOW (1-800-784-8669)

**Website:** [www.ctri.wisc.edu/quitline.html](http://www.ctri.wisc.edu/quitline.html)

The University of Wisconsin Center for Tobacco Research and Intervention (UW-CTRI) has information about smoking cessation for researchers, healthcare providers, tobacco users, insurers, employers and advocates.

**Phone:** 608-262-8673

**Website:** [www.ctri.wisc.edu](http://www.ctri.wisc.edu)

The National Cancer Institute provides accurate and up-to-date information about cancer types, prevention, detection, diagnosis, treatment, survivorship and end of life care.

**Phone:** 1-800-4CANCER (1-800-422-6237)

**Website:** [www.cancer.gov](http://www.cancer.gov)

The Rural Cancer Network (RCaN) offers other user-friendly, cancer educational handouts. For more tips about how to quit tobacco, please see the “Quit Tips for the First Week: Healthy Tips & Ideas” handout. For more tips about how to increase physical activity, please see the “Increasing Physical Activity: Healthy Tips & Ideas” handout.

**Website:** [www.ruralcancernetwork.org](http://www.ruralcancernetwork.org)

## Local Notes:



**For more local information, please contact:**

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