Congratulations on your decision to quit using tobacco!

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

- The average person who quits tobacco gains between 4 and 10 pounds. However, 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.

**Consider using medication**

Talk to your doctor about medications—such as bupropion SR, nicotine gum or nicotine lozenge—to help you quit. These 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.
- Reward yourself every day or week that you stay quit. Don’t use food or drink as a reward.
- Consider getting professional help for weight control.

Call 800-QUIT-NOW (800-784-8669) for free help with quitting tobacco.