

## Stopping Smoking and Weight Gain

Research suggests that some people are prone to put on weight when they stop smoking. The average weight gain is 6-8lbs. This is because:

- Many new quitters enjoy their food more as taste buds start to work again,
- Appetite returns once it is no longer suppressed by cigarette smoke.
- Some people find it hard to break the hand to mouth habit
- The metabolism of recent quitters slows down slightly as nicotine acts to speed it up (using NRT, therefore, reduces the chance of weight gain)

Increased physical activity increases the chance of quitting as well as minimising / preventing weight gain.

### Tips

Remember not to replace cigarettes with high calorie food.

Nibble healthy snacks such as fruit and vegetables to build up vitamin levels.

Use of NRT minimises the risk of weight gain.

Increase everyday activity levels - walk more, use the stairs etc.

Drink a glass of water when cravings strike.

