



Tobacco Cessation Program

MISSION:
TOBACCO FREEDOM

*This QuitSuccess™ Workbook
Belongs To:*



The QuitSuccess Program

My Mission: Be Tobacco Free

Successful Quitter's Guidebook

- We will help you learn how to live your life tobacco-free.
- We will help you learn to remove your old unhealthy habits by replacing them with new healthy habits.
- We will help you learn how to avoid and overcome relapse situations unique to you.

PRAXIS POINT Assessments

In order to develop the best program for your success, we'll need to understand three specific things about you and your tobacco use.

1.) **What is your current level of nicotine dependency?**

You will be asked to complete the *The Fagerstrom Test for Nicotine Dependence: a revision of the Fagerstrom Tolerance Questionnaire*. The test questions are provided below for your review.

The results of this short 6 question quiz will help determine the best strategies for helping you quit, such as Nicotine Replacement Therapies, social supports, exercise programs, and so on.

Question	Answer	Score (circle one)
1. How soon after waking do you have your first cigarette?	<input type="radio"/> Within 5 minutes	3
	<input type="radio"/> 6-30 minutes	2
	<input type="radio"/> 31-60 minutes	1
2. Do you find it difficult to abstain from smoking in places where it is forbidden?	<input type="radio"/> Yes <input type="radio"/> No	1 0
3. Which cigarette would you hate to give up?	<input type="radio"/> The first on in the morning <input type="radio"/> Any other	1 0
4. How many cigarettes a day do you smoke?	<input type="radio"/> 10 or less	0
	<input type="radio"/> 11-20	1
	<input type="radio"/> 21-30	2
	<input type="radio"/> 31 or more	3
5. Do you smoke more frequently in the morning than in the rest of the day?	<input type="radio"/> Yes <input type="radio"/> No	1 0
6. Do you smoke even though you are sick in bed for most of the day?	<input type="radio"/> Yes <input type="radio"/> No	1 0

2.) What do cigarettes, smokeless tobacco, or cigars do for you?

You will be asked to complete the "*Why Do I Smoke?*" Quiz.

The quiz questions (A thru U) are included below for your review.

We were not dependent on nicotine when we started using tobacco. There were specific reasons why we started, and there are specific reasons - socially, spiritually, psychologically and physically – that we continue to use. Understanding these reasons will help create a more effective structure and support system for staying tobacco free.

- A. I smoke to keep myself from slowing down.
- B. Handling a cigarette is part of the enjoyment of smoking it.
- C. Smoking is pleasant and relaxing.
- D. I light up a cigarette when I feel angry about something.
- E. When I am out of cigarettes, it's near-torture until I can get more.
- F. I smoke automatically, without even being aware of it.
- G. I smoke when people around me are smoking.
- H. I smoke to perk myself up.
- I. Part of my enjoyment from smoking is preparing to light up.
- J. I get pleasure from smoking.
- K. When I feel uncomfortable or upset, I light up a cigarette.
- L. When I'm not smoking a cigarette, I'm very much aware of the fact.
- M. I often light up a cigarette when one is still burning in the ashtray.
- N. I smoke cigarettes with friends when I am having a good time.
- O. When I smoke, part of the enjoyment is watching the smoke as I exhale.
- P. I want a cigarette most often when I am comfortable and relaxed.
- Q. I smoke when I am "blue" and want to take my mind off what's bothering me.
- R. I get a real hunger for a cigarette when I haven't had one in a while.
- S. I've found a cigarette in my mouth and haven't remembered it was there.
- T. I always smoke when I am out with friends at a party, bar, etc.
- U. I always smoke cigarettes to get a lift.

3.) **What obstacles may impede your ability to stay tobacco free?**

You will be asked to take the *Nongard Nicotine Relapse Indicator Checklist*. The checklist questions are provided below for your review.

We all have situational or emotional 'triggers' that can set off our urges to smoke or dip, puff or chew. Recognizing these triggers will help us build strategies for successfully avoiding or confronting the challenges ahead.

Checkmark or write YES next to any of the following statements that may apply to you:

- _____ 1.) I drink alcoholic beverages more than 3 times per week.
- _____ 2.) I live with a cigarette smoker.
- _____ 3.) Others smoke in my work environment.
- _____ 4.) I smoke more than 40 cigarettes per day (or 1 can of dip per day).
- _____ 5.) This is my first attempt to quit smoking or smokeless tobacco.
- _____ 6.) I am facing stressful life events beyond my control at this time.
- _____ 7.) I would rather risk the damage from smoking or using smokeless tobacco than gain 10 pounds of weight.
- _____ 8.) I like smoking and do not want to quit, even though it will be good for me.
- _____ 9.) I have tried to quit several times and fear I won't succeed this time.
- _____ 10.) People won't like me if I don't smoke.
- _____ 11.) I will be dull and boring if I quit smoking.
- _____ 12.) If I can cut down to only a few cigarettes a day I will be happy.

PRAXIS POINT**Prepare to Quit - Be a S.T.A.R.**

Select a Quit Date

Write your Quit Date here: _____

Additionally, we recommend that you write down your Quit Date in a lot of places, starting with at the top of every page in this handout!

- > Write your Quit Date down in any calendar you keep, or start keeping one now.
- > Write it on a pile of sticky-notes or any paper and tape them to the refrigerator, your desk area, and the dashboard in your car, on your bathroom mirror, and everywhere else that you spend a lot of time.

Tell your family, friends, and co-workers that you have quit.

Quitting tobacco is even easier if you have the support of others.

- > Tell your family, friends, and co-workers that you have quit.
- > Tell them how they can be helpful to you.
- > Some people like to have friends ask how things are going, while others find it noseey.
- > Tell the people you care about *exactly* how they can help.

Here are some ideas:

- Does someone close to you use tobacco?
 - > Ask them to quit with you, or at least not to smoke or dip around you.
- Do you take any medicines?
 - > Tell your doctor and pharmacist you are quitting. Nicotine changes how some drugs work. You may need to change your prescriptions after you quit.
- Get support from other people.
 - You can try talking with others one-on-one or in a group.
 - You can also get support on the phone.
 - You can even try an Internet chat room dedicated to Quitting Smoking.

Anticipate and plan for the challenges you'll face while quitting

Quitting smoking or using smokeless tobacco is even easier if you are well prepared.

Expecting challenges – and knowing what to do when they come - is an important part of getting ready to quit.

- Write down the three main times you feel the greatest urge to smoke or dip. Be as specific as possible, to include anything relevant such as location, emotions, time of day, etc.

1.

2.

3.

You may also expect feelings of withdrawal.

Withdrawal is the physical discomfort of giving up nicotine.

It is your body's way of telling you it's learning to be smoke-free.

These feelings will go away in time.

Your QuitSuccess Facilitator will also help you by discussing potential triggers, how to handle withdrawal, and developing alternative behavior strategies.

Remove cigarettes and other tobacco from your home, car, and workplace



THE QUITTER'S Checklist

This worksheet is designed to help organize and prepare yourself and your surroundings, as you quit using tobacco products.

Try to take care of as many items on the list as possible before your quit date. But don't worry if you don't get them all done before you quit, you can still do them after you are a non-smoker!

Doing these things can be helpful to me as I quit using tobacco:

___ Throw or give away all new and old cigarette packs or snuff cans, lighters, matches and ashtrays – from the house, car, office, etc.

___ Clean or detail the inside of your car to eliminate tobacco residue. Even if you're not quit yet, do this, and start smoking or dipping outside of the vehicle until you quit.

___ Deep clean your house and office area and anywhere else that you frequently used tobacco products – eliminate smells and signs – rearrange furniture – paint or change color schemes – do anything to make the area seem clean, healthy and different.

___ Purchase plenty of naturally healthy foods and have them handy. Apples, plain whole almonds, carrot sticks and celery are good when you feel the need for something crunchy. Try your best to avoid sweets, salty items, or fatty items, such as pastries, chips or crackers, cheese and Ranch dressing.

___ Have pictures taken of yourself smiling and not smoking or using smokeless tobacco. Black and white copies on paper are just fine. Tape these pictures to your bathroom mirror, your car dashboard, your refrigerator, your office area, your computer, and your bedroom nightstand. Have them out in plain sight anywhere and everywhere you used to frequently use tobacco products.

- Do NOT save one pack of cigarettes or one can of snuff.

HOW TO BECOME HEALTHY - BY HABIT

6 BASIC PRINCIPLES OF FEELING GOOD

We know (or can easily assume) that we will feel better if every day we :

1. Eat healthy foods ~ fruits, vegetables, whole grains, unprocessed / natural foods high in proteins and vitamins and low in sugars and fats.
2. Get regular exercise ~ 30+ minutes a day of activity: working out at the gym, a brisk walk around the neighborhood, or simply giving the house a good cleaning (dust, vacuum, scrub the floors, wash the windows, etc).
3. Get regular sleep, for at least 6 hours, and preferably 7.5 or 9 hours.
4. Take a 'time out' for ourselves to relax, either through meditation, working on a hobby, or simply reading a book.
5. Don't do drugs - cocaine or marijuana, caffeine, tobacco or alcohol, etc.
6. Experience personal successes and accomplishments.

PRAXIS POINT

QUIT – Living Tobacco Free

On your first morning of tobacco freedom, you should do some exercise. You can select your own exercises, such as walking around the neighborhood or some other physical activity you are already familiar with.

Make New Healthy Habits

- Instead of smoking or dipping after meals, get up from the table. Brush your teeth or go for a walk.
- If you always used to smoke or dip while driving, try something new: Listen to a new radio station or your favorite music. Take a different route. Or take the train or bus for a while, if you can.
- Stay away from things that you connect with using tobacco. Do it today and for the next few weeks. *These may include:*
 - Watching your favorite TV show
 - Sitting in your favorite chair
 - Having a drink before dinner
- Do things at places where smoking is not allowed or dipping is frowned upon.
- Remember, most people don't smoke or dip. Try to be near other non-tobacco users if you must be somewhere that you used to smoke or dip, for example at a party or in a bar.

Remember the instant rewards of quitting.

- Your body begins to heal within 20 minutes after your last cigarette.
- The poison gas and nicotine start to leave your body.
- Your pulse rate goes back to normal.
- The oxygen in your blood rises to a normal level.

Within a few days, you may notice other things:

- Your senses of taste and smell are better.
- Your mouth will feel cleaner.
- You can breathe easier.
- Your "smoker's hack" starts to go away. (You may keep coughing for a while, though.)
- The nicotine leaves your body within 3 days. Your stomach may be upset and you may feel edgy. Feelings of withdrawal are a positive sign that your body is healing – and they will go away.

PRAXIS POINT**Alternatives to Using Tobacco**

Keep Busy and Enjoy Your New Freedom!

- Keep very busy.
Go to a movie – Clean your house – Clean your neighbor’s house.
Exercise - Take long walks - Go bike riding – Do jumping jacks.
- Spend as much free time as you can where smoking isn’t allowed.
Some good places are malls, libraries, museums, theaters, department stores,
and places of worship.
- Keep your hands busy.
Try a pencil, a paper clip, a marble, or a water bottle.
- Do you miss having something in your mouth?
Try toothpicks, cinnamon sticks, lollipops, sugarfree hard candy, sugarfree
gum, carrot sticks, celery, or almonds.
- Drink a lot of water and fruit juice.
Avoid alcoholic drinks like wine and beer.
Avoid or minimize caffeinated drinks like coffee and soda pop.



I CAN DO THIS INSTEAD

Tip List

• **Remember: Most cravings only last for about 3-5 minutes.**

- If I you can distract yourself for just those few minutes, you'll be ok.
- Don't give in without a fight! Trying *something* – *anything* – to beat the urge is always better than trying nothing.
- *When you feel the urge to smoke or use smokeless tobacco, you can do any of the following instead (and add your own ideas below):*
 1. Close your eyes and breathe slowly and deeply for a full minute
 2. Get up and walk around, change rooms, go outside, roll down the window, turn up the radio, change the channel
 3. Drink a large glass of water
 4. Make a phone call, talk to a coworker or family member
 5. Start cleaning or rearranging something
 6. Go wash your hands, brush your teeth, or even take a shower
 7. Listen to and/or use the techniques on your QuitSuccess™ Relaxation CD
 8. Do a few stretches or yoga moves, or other brief form of exercise
 9. Play some favorite music and sing along
 10. Read something - anything
 11. Write in a journal; write about quitting tobacco or about anything at all
 12. Chew gum; any sugarless flavor you prefer – keep it handy
 13. Use some form of Nicotine Replacement product – gum, inhaler, patch
 14. Eat an apple, a few plain whole almonds, a few carrot sticks, celery or other naturally healthy snack. (Try to avoid overly sweet, salty or fatty foods.)
 - 15.
 - 16.
 - 17.
 - 18.

PRAXIS POINT

Reframing Identity

For as long as you have been a smoker or a smokeless tobacco user, (10-50 years probably), you have identified yourself as a smoker or snuff user.

It often seems easy to point out our deficits – the things that are wrong with us.

For example, perhaps we bite our nails, we procrastinate, we eat too many Twinkies, we're always late, and so on. And unfortunately, we have a tendency to think about or identify ourselves by our negative qualities.

For example, we're inclined to think, "I am John-the-smoking-nail-biting-procrastinator".

Now, if someone introduced themselves to you like this, what would your opinion of this person be? Not so good, eh?

But even if we don't actually introduce ourselves this way to others, when we think this way about ourselves – focusing only on our deficits - it does little to improve our self-image, attitudes or behaviors.

Conversely, it's usually a little more difficult for us to identify our strengths – the things that are right with us. These right things – our personal strengths – also help define our character - who we are as a person – our identity.

And since no matter the number or severity of our deficits, we *do* have things that are right with us (and a lot more right than wrong); shouldn't we define our identity by our strengths, rather than by our deficits?

"I am John the non-smoking, friendly, creative, resourceful, witty father of three."

Now, if someone portrayed themselves to you like this, what would your opinion of this person be? Not bad, eh? Do they sound like a healthy, happy person? Someone who would be a good friend to have? Someone who could get the job done, whatever it may be?

You are more than just your deficits; you were more than just a smoker or a snuff user, and you are now more than just a non-tobacco user. You are a person with many wonderful qualities.

The key is not to ignore your deficits, but to identify yourself by your strengths, focus on maximizing them, and use them to overcome your deficits.

Nutrition and Weight Control, and the New Tobacco-Free You

Disclaimer: The information provided below is intended to serve as education for people who desire to learn more about health, fitness, and taking care of their bodies. **Before beginning any nutritional program, always consult your doctor.** Certain illnesses or conditions may contraindicate some nutritional practices, so be sure to clear yourself with your doctor.

Why Quitting Tobacco Contributes to Weight Gain

The physical 'craving' feeling we have when we want to receive nicotine by smoking or using smokeless tobacco is quite similar to the physical feeling we have when we're hungry.

Eating can also satiate the so-called 'oral fixation' or feeling of a need to do something 'hand-to-mouth' that we once satisfied by smoking or dipping.

Nicotine has a natural way of increasing our body's metabolism, and serves as an appetite suppressant on the tobacco user's body.

This has a tripple-wammy effect on our bodies.

ONE: Once quit, the ex-smoker now burns approximately 100 to 200 fewer calories each day. This translates into 700 to 1400 additional calories NOT burned each week.

TWO: When we stop smoking or using tobacco, we may naturally turn to food to replace the nicotine and curb the physical cravings – often choosing sweets or other carbohydrates.

THREE: When we stop smoking or using tobacco, food begins to smell and taste much better, and we're inclined to eat more simply because we enjoy it more.

Consequently, this combination of decreased metabolism and increased food intake can lead to a little bit of weight gain.

Although most people may only gain a half-pound per week or so or a few pounds in a month, for some people the weight gain can actually happen quite quickly – like gaining 2-5 pounds within the first week – and this can be startling.

While some people may gain up to 30 pounds in the year after quitting, most people will only gain between 5 and 10 pounds in total when they stop using tobacco.

How to Quit Tobacco and Control Weight Gain

When a craving comes, breathe deeply, and be patient.

Remember, most cravings only last 3-5 minutes.

The urgent feeling will pass, whether you eat or not.

Drink a glass of water if you have a craving and feel like eating or using tobacco. This will 'fill you up' and end your craving, and also help keep your body hydrated. Water helps to flush old nicotine from the body, and helps to stabilize blood pressure and electrolyte levels. You should drink 6 to 8 glasses of water each day anyway, so this is a good way to make sure you do.

Get Moving.

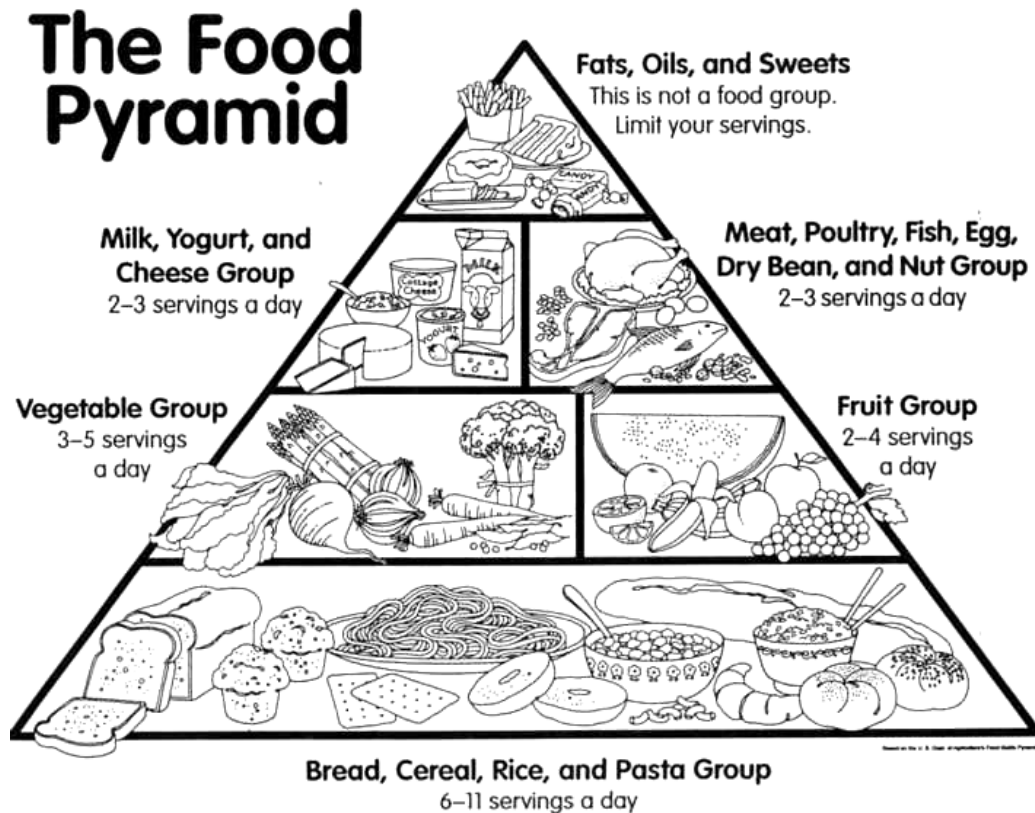
Brisk walking or other forms of aerobic exercise (like biking, hiking, running, swimming) for 30 minutes 5 days per week will increase the number of calories you burn each day, and will help offset the change in metabolism caused by the lack of nicotine in the body.

- You should commit to following a plan that includes more physical activity and a reduction in caloric consumption.

Eat Sensibly.

Some people are able to control their weight by counting calories, carbohydrates and fat grams and keeping track of how much of each they consume each day.

Other people find this confusing and frustrating, and just use common sense. The following are standard guidelines for healthy nutrition.



When it comes to food, we naturally know what's good for us to eat, and we naturally know what's not. We also know that moderation is the key for the things we enjoy eating that are not so good for us.

It's all about balance - or a concept of balance - of mostly good things, and just a little bad now and then.

EAT BREAKFAST

We've heard it forever, and we know it's true - Breakfast really is the most important meal of the day. It gives you the energy you need to get moving - and it makes you feel good, because you start off the day with a healthy personal accomplishment right off the bat!

Scrambled eggs, a bagel, a banana, cereal, oatmeal, a grain 'breakfast bar', cold pizza - anything! If you don't like eating breakfast - drink it. Get an 'instant breakfast' packet and mix it with 8 ounces (1 cup) of milk, or down a pre-mixed nutrition drink. Even a glass of orange juice, apple juice or a V-8 is better than nothing at all.

EAT LUNCH

Here's a few helpful healthy tips for Lunch:

- Drink water as your lunch beverage, and add a lemon or lime if you like.
- Pack your lunch - you know what you like, and what's good for you.
- No time in the morning? Take 5 minutes and make it the night before. Use the extra time during lunch for yourself - read a book or take a walk or call a friend.
- Just gotta eat on the road? Make healthy-by-habit choices in the drive-thru line. Order grilled chicken or turkey or roast beef instead of the double cheeseburger.
- Skip the fries, rings and tots completely! The sandwich has enough bread/starch already, and is probably large enough to fill you up by itself.
- Still hungry? Get a side-salad. Or, use part of your carrots or raisin snack as your side dish.
- These days, most places do offer some healthy options - you just have to decide to make the healthy-by-habit choice and order them.
Remember, if you've given yourself one day a week to eat that double cheeseburger - earn it by treating yourself well the rest of the week.
You'll feel better - inside and out - when you do!

EAT DINNER

Here's a few 'secrets' that might help with Dinner:

- It takes the same amount of time to grill a chicken breast as it does to fry a pound of hamburger.
- A fresh fish filet dressed with lemon pepper bakes just as fast as a box of frozen fish sticks.
- It takes less time to open a bag of pre-mixed salad and add some baby carrots or fresh broccoli or mushrooms than it does to cook stuffing mix.
- It takes the same amount of time to boil wild rice as it does macaroni and cheese.
- Spices are cheaper, easier and faster than sauces.
- Milk, water and juices are just as easy to pour in a glass as soda pop.
- Applesauce with a dash of cinnamon is just as tasty as pudding for dessert.
- You can use an apple slicer or peel a banana in the same amount of time you can open and serve a can of fruit cocktail, if not faster.
- Tuna goes with everything.
- If your kitchen is full of healthy foods, you will have a hard time fixing unhealthy food for dinner.

SNACK SENSIBLY

We do need snacks between meals. They give us energy bursts to keep going, and they also keep us from overeating during lunch and dinner. And of course, the more healthy the snack, the better we feel.

We tend to reach for chips or crackers or cookies for a snack, because they are easy-access finger-foods, they fill us up quickly and they provide a feeling of 'instant fuel'. But, as you probably know, these are not the best sources.

An apple or a few carrots or a handful of raisins are just as easy to pack and handle, will fill us up just as much, and will provide just as much energy, (and more needed fiber and vitamins) - with none of the extras that we don't need.

Don't have anything to snack on? Drink some water! Amazingly, 8-12 ounces of water will really fill you up - and your body needs it. Don't be tempted to drink a can of soda pop instead. Water is cheaper, and as you know, far more healthy.

Make the Healthy-By-Habit choice to go natural as much as possible - and naturally, you'll feel better.

- Try to avoid snacking on salty starches and sugars (chips, candy, crackers, etc).
- Keep unsalted nuts, dried or fresh fruits, and fresh veggies handy.
- Moderation - dip only every 5th carrot or celery stick in Ranch dressing – eat the rest plain.
- Moderation – if you must, add cheese OR deli meat OR dressing – not all three – to your salad.
- Moderation – if you must, add butter OR sour cream OR cheese – not all three – to your baked potato.

If you follow the above suggestions and any recommendations offered by your doctor, you probably won't gain too much weight, and you might actually be able to lose some, especially when combined with the following exercise information.

You are in charge.

It's up to you to do what's right for your health.

With creative planning of everyday activities and assuming responsibility for a new image, you can stop smoking - without gaining too much weight.

Exercise / Physical Fitness, and the New Tobacco-Free You

Disclaimer: The information provided below is intended to serve as education for people who desire to learn more about health, fitness, and taking care of their bodies. **Before beginning any exercise program, always consult your doctor to make sure you are able to begin exercising.** Certain disabilities or conditions may contraindicate some activities, so be sure to clear yourself with your doctor.

Many people who smoke or use smokeless tobacco are physically active on a regular basis, but unfortunately, like most people in general, most are not.

Physical exercise has numerous benefits, especially for those who are quitting smoking.

- Exercise can help keep you from gaining weight when you quit smoking.
- Exercise stimulates endorphins (pleasure zones) in the brain, which can help reduce irritability, anxiety and depression.
- Exercise improves our self-esteem and increases motivation.

Health Benefits of Exercise and Physical Activity

Regular physical exercise can:

- **Assist in efforts to stop smoking**
- Help control weight, develop lean muscle, and reduce body fat
- Reduce the risk of premature death
- Reduce the risk of dying from coronary heart disease and of developing high blood pressure, colon cancer, and diabetes
- Help reduce blood pressure in some people with hypertension
- Reduce high cholesterol or the risk of developing high cholesterol
- Reduce the risk of developing colon cancer and breast cancer
- Reduce the risk of developing diabetes
- Help maintain healthy bones, muscles, and joints
- Enhance work, recreation, and sport performance

Benefits of Exercise for Mental Health and Well-Being

Regular physical exercise can:

- **Assist in efforts to stop smoking**
- Reduce your level of anxiety
- Help you manage stress more effectively
- Improve your positive self-esteem and confidence
- Help alleviate depression
- Improve your appearance
- Help you relax
- Combat the likelihood of many degenerative problems
- Improve your overall quality of life
- Teach you about goal-setting and dedication
- Help to relieve and prevent migraine headache attacks
- Can help you sleep more restfully
- Help improve your immune system

No Excuse Tips for Sneaking Exercise into Your Day

- Go up or down the stairs instead of the elevator
- Take a walk during your lunch or coffee break
- Park as far away from buildings as safely possible, so you can walk
- Do housework at a fast pace – play music to help with the pace
- Wash your car by hand, rake leaves or do other yard work

Tips for Staying in the Exercise Groove

- **Don't use money as an excuse - Exercise can be free.**

Yes, you can join a gym – and gyms offer many great benefits - but you certainly don't have to. There are hundreds of ways to exercise, and most of them do not require expensive equipment.

- **Don't worry about how you look – Exercise is for everyone.**

Many people say they are too embarrassed by how overweight they are, and they use this as an excuse to avoid getting out and exercising in public with 'the beautiful gym-body people'.

The first thing to know is that most of the healthy looking people you see working out were once overweight and out of shape too. Then they got busy, lost the weight, built muscle, and now they look good.

Second, people who exercise understand the desire and need to become healthy. They are compassionate because they know about overcoming obstacles, and they are glad to encourage and support others.

Any 'competition' at the gym or on the track around the park is personal with one's self – not with others.

- **Find something that you enjoy doing.**

Again, there are hundreds of ways to exercise. If you don't like running, try swimming, karate, weight training, yoga or Pilates.

Make sure whatever you choose suits you physically. For example, swimming is easier on arthritic joints than jogging. Always check with your doctor before starting any new strenuous exercise program.

- **Get a workout partner or join an exercise group.**

Exercising with someone else has great benefits. The social aspect can make it more fun, and you can encourage each other to show up, or to go the extra step or three when you feel like quitting.

- **Develop two or more exercise routines, and vary them.**

If you can change up your routine every-other day or week-to-week, you'll probably be less likely to get bored. This can also help you avoid injuries from overworking the same muscles and joints. Go running one day and use weights or do yoga the next.

And don't forget that activities like dancing, roller-skating, soccer, racquetball and tennis, and even household chores like chopping wood or painting the fence are exercise opportunities.

- **Exercise smartly and safely.**

Always make sure you do a slow but steady warm-up routine before you start your full workout. This will help avoid injuries, and help you get in the groove on those low motivation level days. If you're stiff and sore in the mornings, do some limbering stretches and a longer slower warm up, and/or wait a little while longer before you work out.

If you exercise too soon after eating, you may experience cramps and/or increase your risk for heartburn. Give your stomach a little time to digest, but do not exercise on a completely empty stomach either.

If you're really, really sore after a workout, you've overdone it. Give your body time to recuperate and then ease off a bit next time. Increasing your exercise time, reps, weights and/or distance is good, but do it reasonably. Listen to your body. Push a bit, but don't shove.

Also, you shouldn't workout outside when it's exceptionally hot or cold, as this can shock your system in many ways. On those days, you can find something to do inside - at home, at the gym, or walk the mall.

- **Have Patience.**

While the emotional, psychological and social benefits of exercise will likely be felt almost immediately, it can take a few weeks or months before the physical benefits - weight loss and/or muscle - gain are realized.

However frustrating, this is normal. In our current world of ATMs, drive-thrus and 999 24-hour channels on TV, we've become accustomed to getting what we want, *now*. Hold on to the knowledge that important changes *are* taking place within your body, and with your patience and persistence, they will soon show on the outside as well.

Becoming Healthy by Habit

- **Make exercise a part of your daily life routine.**

No matter what you're doing (walking, tennis, yoga, weights, etc) try to do it at the same time every day, or on a schedule such as every Monday, Wednesday and Friday at 7am, and every Tuesday and Thursday at 3pm, etc. Write these times and activities down on a daily calendar, and check them off as you complete each day.
- **Commit yourself to exercising – on paper.**

Write down, "I will exercise for at least 30 minutes every day" and tape it to your refrigerator, your bathroom mirror and so on. You can even get more serious on paper, and write down exactly what you will do each day: "I will do 45 minutes of cardio by walking and riding the bike, and then I will do 3 sets each of 5 different weight exercises".
- **Keep track of your progress weekly.**

Are you walking faster or farther now? Is your heart rate slower? Can you do more repetitions at a higher weight? Are you more flexible? Do you sleep better? Do you feel better when you get out of bed in the mornings?
- Consider joining a health club or your local YMCA or YWCA. Some clubs are more expensive than others, and some have more benefits than others that might be helpful to you.

For some people, spending the money every month for a gym membership is a great motivator to actually get up and go exercise.

For some people who are new to working out, paying for a personal trainer for a month or two is quite beneficial, not only because it motivates them to attend, but it also teaches them how to use the equipment safely and effectively.

For some people, going to the gym is also a great way to socialize, and to potentially meet other people with healthy lifestyle goals similar to yours.

PRAXIS POINT

Relapse Prevention

Be Prepared for Difficult Situations

- **Alcohol**
Avoid drinking alcohol.
Many people associate drinking and smoking together, and find it difficult to drink without also smoking.
- **Other tobacco users**
You may want to avoid others who smoke or dip as much as possible at first, or ask them not to use around you.
- **Weight gain**
Many smokers gain weight when they quit, but usually less than 10 pounds.
Eat a healthy diet and stay physically active.
Don't let weight gain distract you from your main goal—quitting tobacco. Gaining 5 pounds is worth it, if it keeps you from smoking.
- **Bad mood or depression**
There are a lot of ways to improve your mood other than using tobacco or some other drug.
One of the fastest ways to change the way you feel is simply to play some of your favorite uplifting music. Sing and dance along!
Physical activity is another fast and effective way to improve your mood. Take a walk, do some yoga, lift some weights, ride your bike.

Talk to your doctor if you have feelings of depression or anxiety that just won't go away for more than a week or two.

If you have problems with any of these or other situations, talk to your QuitSuccess Facilitator.



MY QUITSUCCESS PROGRESS REPORT

MY QUIT DATE: _____

_____ I have been a Successful Quitter for 1 Hour!

_____ I have been a Successful Quitter for 2 Hours!

_____ I have been a Successful Quitter for 3 Hours!

_____ I have been a Successful Quitter for 4 Hours!

_____ I have been a Successful Quitter for 5 Hours!

_____ I have been a Successful Quitter for 6 Hours!

_____ I have been a Successful Quitter for 7 Hours!

_____ I have been a Successful Quitter for 8 Hours!

_____ I have been a Successful Quitter for 9 Hours!

_____ I have been a Successful Quitter for 10 Hours!

_____ I have been a Successful Quitter for 11 Hours!

_____ I have been a Successful Quitter for 12 Hours!

_____ I have been a Successful Quitter for 18 Hours!

_____ I have been a Successful Quitter for 24 Hours!

_____ I have been a Successful Quitter for 36 Hours!

_____ I have been a Successful Quitter for 2 Days!

_____ I have been a Successful Quitter for 60 Hours!

_____ I have been a Successful Quitter for 3 Days!

_____ I have been a Successful Quitter for 84 Hours!

_____ I have been a Successful Quitter for 4 Days!

MY QUIT DATE: _____

_____ I have been a Successful Quitter for 5 Days!

_____ I have been a Successful Quitter for 6 Days!

_____ I have been a Successful Quitter for 7 Days!

_____ I have been a Successful Quitter for 10 Days!

_____ I have been a Successful Quitter for 14 Days!

_____ I have been a Successful Quitter for 21 Days!

_____ I have been a Successful Quitter for 1 Month!

_____ I have been a Successful Quitter for 6 Weeks!

_____ I have been a Successful Quitter for 2 Months!

_____ I have been a Successful Quitter for 3 Months!

_____ I have been a Successful Quitter for 4 Months!

_____ I have been a Successful Quitter for 5 Months!

_____ I have been a Successful Quitter for 6 Months!

_____ I have been a Successful Quitter for 7 Months!

_____ I have been a Successful Quitter for 8 Months!

_____ I have been a Successful Quitter for 9 Months!

_____ I have been a Successful Quitter for 10 Months!

_____ I have been a Successful Quitter for 11 Months!

_____ I have been a Successful Quitter for 1 Year!

_____ I have been a Successful Quitter for 2 Years!

_____ I have been a Successful Quitter for 3 Years!