



Tobacco/Nicotine Cessation

Giving up Tobacco and other Nicotine Delivery Systems



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You can quit

Quitting tobacco (or other nicotine delivery system, such as vape, e-cigs, chew, etc) is the best gift you can give to yourself and to those who love you. When you give up cigarettes or smokeless tobacco for good, you become healthier, you have more energy, and you are more likely to live a long and healthy life. Of course, quitting isn't easy—you already know this if you've tried to stop using tobacco in the past—but it certainly is possible. The 46 million ex-smokers in this country are proof of that.

People who plan ahead for quitting have the best chance of succeeding. This booklet will help you create a plan to quit for good by helping you understand why you want to quit and how to go about doing it.



Chapter 1

Planning to quit

Reasons to quit

When you quit using tobacco you will be healthier, you will have more money to spend, and you will look and feel better.

You will be healthier

- **Smokers are more likely to get cancer.** Tobacco causes one-third of all cancer deaths in the U.S. and 87 percent of lung cancer deaths. Chewing tobacco can cause cancer of the throat and mouth.
- **Smokers' lungs don't work as well.** Over time, smoking can lead to chronic bronchitis and emphysema.
- **Smoking can cause heart attacks and strokes.** Smokers are twice as likely to die from heart attacks as are nonsmokers. Smokers are more likely to have blood clots and aneurisms.
- **Smokers are more likely to get cataracts.** Smokers are two to three times more likely to get cataracts. Cataracts can cause blindness.

You will save money

- **You will spend less money each week.** The average cost of a pack of cigarettes in the U.S. is \$5.51. If you smoke a pack a day, you'll have over \$38 extra at the end of your first smoke-free week.
- **You will pay less for insurance.** Nonsmokers pay much less for life insurance than do smokers. People who don't use tobacco also pay slightly less for health and homeowner's insurance.

You will look and feel better

- **You will have healthier-looking skin.** Smoking narrows blood vessels in the skin's outer layer. That makes the skin wrinkle and sag.
- **Your teeth will be whiter.** Smoking stains and yellows the teeth. Smokeless tobacco discolors teeth and can cause tooth decay.
- **You will look cleaner.** As a nonsmoker, you will no longer have yellow fingernails or the smell.

Your reasons for quitting

“ I want to climb the stairs without being out of breath.
I don't want to die of emphysema.
I'm tired of going outside in the rain and cold to light up.
My partner is disgusted when I spit. ”

People quit tobacco for many reasons. What are yours?
Document your reasons for quitting on this page.

Read them often to remind yourself of all you have to gain by quitting. Or, you might write down your list of reasons and carry it with you in your wallet or purse for inspiration in moments of weakness.

I want to be free of nicotine because:

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10.....

When you stop smoking, your body begins to heal itself right away

- **Twenty minutes after quitting**, your heart rate drops.
- **Twelve hours after quitting**, the carbon monoxide level in your blood drops to normal.
- **Two weeks to three months after quitting**, your risk of having a heart attack begins to drop and your lungs begin to get stronger.
- **One to nine months after quitting**, you cough less and aren't as short of breath. You have more energy, and your lungs are better able to fight infection.
- **One year after quitting**, your added risk of heart disease is half that of a smoker's.
- **Five to 15 years after quitting**, your stroke risk is the same as that of a nonsmoker's.
- **Ten years after quitting**, your lung cancer death rate is about half that of a smoker's and your risk of cancers of the mouth, throat, esophagus, bladder, kidney, and pancreas decreases.
- **Fifteen years after quitting**, your risk of coronary heart disease is back to that of a nonsmoker's.

Why quitting nicotine is hard

It takes most people several tries before they quit for good. Quitting is hard for many reasons:

- **Nicotine is addictive.** When you smoke a cigarette or chew tobacco, nicotine enters your bloodstream, making you feel alert and focused,

then calm and relaxed. When the nicotine level in your body drops, you start to feel uncomfortable, which makes you want more. Over time, you come to need nicotine to feel normal.

- **The habit may be helping you cope.** You may use cigarettes or chewing tobacco to relax when you're stressed, to calm down when you're angry, to feel more comfortable in social situations, and even to fight off boredom.
- **Using tobacco is a habit.** Smoking or chewing quickly becomes a habit linked with your everyday activities, such as driving, talking on the phone, drinking coffee, or being with friends.



About **70 percent** of smokers in the U.S. want to quit, according to the National Institutes of Health

Common barriers to quitting nicotine

Even though most people who use nicotine want to quit, many talk themselves out of it. Their reasons may include the following:

- **They don't want to go through nicotine withdrawal.** When you quit, nicotine will be gone from your system in three to five days, but the symptoms of withdrawal may last two to four weeks. Later in this booklet, you'll learn about nicotine replacement therapy and other helpful ways to ease withdrawal.
- **They don't want to gain weight.** People who quit smoking may gain five to 10 pounds because the body uses food more slowly without nicotine. But many people lose most of the weight after their body gets used to being nicotine-free. And some people don't gain weight at all.
- **They rely on nicotine to calm down and relax.** Quitting is a good time to learn other ways to relax, such as deep-breathing exercises or a regular physical activity, such as walking or swimming.
- **They're afraid of failing.** Most people do fail the first time they try to quit. But each time they try, they learn something else about what will work for them. If you don't quit on your first try, think about what you can do differently next time.
- **They think it's too late.** Some people figure the damage has already been done, so they might as well keep smoking, vaping, or chewing tobacco. In fact, the body begins to recover right away.



People with depression are three times more likely to smoke and can find quitting especially difficult. If you think you're depressed, ask your health care provider about medication and other treatment. Some antidepressants have been shown to help people quit smoking.



No excuses

What are your excuses for not having quit yet? On the list below, write down your excuses and why each one won't work anymore.

My excuse

(example) I might gain weight.

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Why it's not a good excuse

(example) I might gain weight.

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Nicotine Journal

Use the journal below to figure out when you're most likely to light up or use smokeless tobacco.

Make a note each time you use tobacco or another nicotine delivery system. Write down the time of day, what you were doing, and how you were feeling before you used. Put a star next to your favorite

cigarettes, dips, or chews. These are the ones you enjoy the most and that will be hardest for you to give up.

Keeping the journal for a few days can help you understand why you use nicotine, which can help you get ready as you plan to quit.

My favorite times to smoke, dip, or chew

Time	How I felt	Time	How I felt

Dealing with triggers and temptations

This chart lists common triggers for tobacco use. Use the blank spaces at the end to list your own triggers and what you might do instead.

If I smoke, dip, or chew

When I...

Drink coffee

Drive

Drink alcohol

Feel tense

Take a break

Watch TV or use social media

I'll try this instead...

- Switch to tea, hot chocolate, or juice.
- Drink coffee in a new place, such as at a coffee shop that doesn't allow smoking.

- Take public transportation.
- Carpool.

- Drink juice mixed with seltzer or another favorite beverage.
- Relax with meditation, walking, or deep breathing.

- Practice deep breathing.
- Take a mini-vacation by closing my eyes and picturing myself doing something I enjoy.
- Take a walk.

- Take a walk

- Go to the movies.
- Sit in a different chair than usual.
- Watch TV with a nonsmoking friend.

If I smoke, dip, or chew

When I...

Finish a meal

Feel bored

I'll try this instead...

- Get up from the table immediately.
- Brush my teeth.
- Go for a walk.
- Do something that will keep my hands busy, such as washing the dishes or playing an instrument.
- Go out with a nonsmoking friend.
- Do something, such as wash the car or solve a crossword puzzle.
- Take up a new hobby or resume a former one.

When I...

I'll try this instead...

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How addicted are you?

This quiz will help you understand how addicted you are to nicotine.

If you smoke, check the statements that are true for you.

I smoke within 30 minutes of waking up in the morning.

My favorite cigarette is the first one in the morning.

It's hard for me to be places where I can't smoke, such as on airplanes and in movie theaters.

I smoke a pack or more of cigarettes each day.

I smoke even when I'm sick.

If you use smokeless tobacco, check the statements that are true for you.

I take my first dip or chew in the morning.

I've switched to a brand with higher nicotine.

I regularly swallow juice from the tobacco.

Sometimes I sleep with tobacco in my mouth.

It's hard for me to go more than a few hours without dipping or chewing.

If you didn't check any boxes or if you checked just one, tobacco is probably more of a habit than an addiction for you. You should quit, but quitting may not be as hard for you as for someone with a nicotine addiction.

If you checked two or more boxes, you are probably addicted to nicotine. The more statements you checked, the greater your addiction and the more

you might benefit from nicotine replacement therapy or another type of medication. To quit, you will need to focus on changing your behavior and routines.

Help is available

There's no one-size-fits-all way to quit nicotine. Some people use medication to quit; others don't. Some people work with a counselor or join a program. If one way doesn't work for you, try another. Or try two or three together.

Programs and support groups

Many people do well with help from specially trained counselors or by joining a group of people who are all quitting together. Counselors can help you understand why you use tobacco, teach you new habits, and give you tips to help you quit. If you join a group, you will hear what has worked for others and give and get support as you go through the quitting process.

Alternative therapies

Some people try acupuncture, herbal remedies, and hypnosis to quit smoking or chewing tobacco. There is no proof that any of these work, but they do help some people. When you look into any quit-tobacco program, be wary of anyone who promises instant, easy success. No matter what anyone says, you'll need willpower to give up tobacco.

Nicotine replacement therapy and medication

Prescription medications and nicotine replacement therapies (NRTs) such as nicotine gum can help you quit by taking the edge off nicotine withdrawal. Talk with your health care provider about what is available and whether any of these methods is right for you.

What about e-cigarettes?

E-cigarettes have surged in popularity over the past decade. But experts disagree about their safety and about any benefits they may have as smoking-cessation aids.

E-cigarettes, just like traditional cigarettes, contain nicotine, which has short-term health effects like increasing heart rate and blood pressure, and it also interferes with fetal development. Most e-cigarettes also contain propylene glycol, which can degrade into formaldehyde when heated and is associated with increased risks of asthma and cancer.



Nicotine replacement therapy and medications

Medication	Treatment	Dosage	Benefits	Concerns
Varenicline (Chantix®) Available only by prescription	Start taking 1 week before quitting. Taken for approximately 3 months. Take with full glass of water and food.	Days 1-3 .5mg 1x/day Days 4-7 .5mg 2x/day Starting at week two (day 8) 1mg 2x/day	Blocks receptors in the brain that make nicotine enjoyable. Reduces severity of nicotine cravings and withdrawal symptoms.	May cause nausea, changes in dreaming, constipation, gas, vomiting, depression, agitation. Tell your doctor if you have kidney problems.
Bupropion (Zyban®, Wellbutrin®) Available only by prescription	Begin taking 1-2 weeks before quitting. After quitting, continue for 7-12 weeks. Do not crush or chew pills	For first 3 days, take one (150mg) pill. Then take 2 pills per day (300mg total) with 8 hours between pills .	Keeps brain from reacting to nicotine and reduces cravings for tobacco. There are few side effects. Can be combined with nicotine replacement therapy.	May cause nausea, changes in dreaming, constipation, gas, vomiting, depression, agitation. Tell your doctor if you have kidney problems.
Nicotine Patch (Nicoderm CQ® or generic)	Apply to clean, dry skin. Do not wear more than 1 patch at a time, and do not cut patch. Worn for 16 or 24 hours for up to 3 months.	If smoke >10 cigarettes per day start with step 1 (21mg) If smoke ≤ 10 cigarettes per day start with step 2 (14mg)	Easy to use with few side effects. Best for those whose smoking is spread out throughout the day.	Can cause skin irritation, vivid dreams, sleep disturbances. It releases nicotine more slowly than other systems.

Nicotine replacement therapy and medications

Medication	Treatment	Dosage	Benefits	Concerns
Nicotine Gum (Nicorette® or generic)	<p>Do not eat or drink for 15 minutes before or while using. Use for up to 3 months.</p> <p>Place gum in mouth and chew slowly until a tingling sensation is felt.</p> <p>Stop chewing and place (park) gum between cheek and gums.</p> <p>When intensity of tingling sensation decreases, chew again and repeat cycle for about 20-30 minutes.</p>	<p>If smoke 1st cigarette within 30 minutes of waking, use 4mg</p> <p>1 piece every 1-2 hours weeks 1-6</p> <p>1 piece every 2-4 hours weeks 7-9</p> <p>1 piece every 4-8 hours weeks 10-12</p>	<p>Best for those who tend to load up specific times of the day.</p> <p>Delivers nicotine quicker than the patch.</p> <p>Easy portable solution for cravings in social situations.</p>	<p>May cause jaw discomfort or heartburn.</p> <p>Sticks to dental work</p>

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Nicotine replacement therapy and medications

Medication	Treatment	Dosage	Benefits	Concerns
Nicotine Lozenge (Commit® or generic)	<p>Do not eat or drink for 15 minutes before or while using. Use for up to 3 months.</p> <p>Suck the tablet slowly, do not bite or chew so nicotine is released slowly.</p>	<p>If smoke 1st cigarette within 30 minutes of waking, use 4mg</p> <p>1 piece every 1-2 hours weeks 1-6</p> <p>1 piece every 2-4 hours weeks 7-9</p> <p>1 piece every 4-8 hours weeks 10-12</p>	<p>Also available in mini lozenge which dissolves quicker (in as little as 3 minutes)</p> <p>Good alternative to the gum for those with dental issues.</p> <p>Convenient and easy to use.</p>	<p>May cause trouble sleeping, coughing heartburn, or nausea.</p>
Nicotine Nasal Spray (Nicotrol® NS) <p>Available only by prescription</p>	<p>Use one spray in each nostril every 1-2 hours.</p> <p>Do not exceed 40 doses per day. Tilt head back slightly when spraying.</p> <p>Do not sniff, swallow or inhale through nose as you spray.</p>	<p>Use for 3-6 months</p> <p>Gradually taper off</p>	<p>Satisfies cravings immediately by delivering nicotine the fastest.</p>	<p>Can cause nose and sinus irritation at first.</p> <p>Should not be used by people with allergies or asthma.</p>

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Nicotine replacement therapy and medications

Medication	Treatment	Dosage	Benefits	Concerns
<p>Nicotine Inhaler (Nicotrol®)</p> <p>Available only by prescription</p>	<p>Inhale nicotine by bringing inhaler to mouth with the urge hits.</p>	<p>Use 6-16 cartridges per day for up to 6 months.</p> <p>Gradually taper off</p>	<p>Delivers nicotine as quickly as gum, and satisfies the hand-to-mouth habit.</p> <p>Few side effects</p>	<p>May cause mouth or throat irritation.</p> <p>Should not be used by people with asthma or chronic lung disease.</p>



Chapter 2

Quitting

Choosing and setting a quit date

Mark the date on your calendar. You might choose a special date, such as a birthday or an anniversary. But be sure to pick a date that's not too far away. Otherwise you might talk yourself out of quitting!

My quit day

Spread the word to family, friends, and co-workers. Warn your friends, relatives, and co-workers that you may act tense for a week or two. Ask them to support and encourage you. Also, ask former tobacco users for tips that helped them quit.

Who I will call when I need support

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Talk with your health care professional. Decide whether to take medication or an NRT. If you'll be using bupropion or varenicline, start the medication a week or two before your quit day.

Start giving up your favorite times to use tobacco—the ones marked with a star on your tobacco journal on [page 9](#). Get used to doing other things at those times. This will put you ahead of the game on your quit date.

Find replacements for tobacco. Stock up on healthy snacks, gum, and mints so that you'll have something to put into your mouth that isn't tobacco or a cigarette. Buy a squishy ball to keep your hands busy.

Things to have on hand for the day I quit

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My first day without tobacco

The day has come. You are about to start life fresh as someone who doesn't use tobacco. Use the following lists to make sure you're doing everything you can to make the day go smoothly:

Preparing your home and car

Throw away all cigarettes or chewing tobacco. Check for strays in pocketbooks, coat pockets, desk drawers, and glove compartments. Break cigarettes and soak them in water before throwing them away. Soak smokeless tobacco as well.

Get rid of ashtrays and cigarette lighters. Scrub car ashtrays clean and stock them with spare change or wrapped hard candy.

Clean clothes, window treatments, carpets, and car interior. Get rid of the odor of smoke.

Scrub walls and other surfaces in your home. If you have been smoking tobacco indoors, scrub walls and carpets, wash window treatments and all surfaces of your home. You may even consider cleaning your ducts, or priming and painting the walls.

Life is much easier when you don't use tobacco. If you've been smoking for many years, you've noticed how people's feelings about cigarettes have changed over time.

Forty years ago, close to half of all adults in the U.S. smoked. Today only 18 percent do, and it's much harder to find a place to light up. All 50 states restrict smoking in public places, and smoking is banned outright from most federal buildings. A growing number of states don't allow smoking in restaurants and bars, and some cities and towns have banned smoking in public places, such as parks, beaches, and even near entrances to buildings.





If you have smoked for a long time, it will feel strange for your hands and mouth to be empty. Eat carrot or celery sticks, or chew on flavored toothpicks. They won't add extra calories and they can be held between your fingers like cigarettes. Or eat unshelled sunflower seeds. They'll keep your hands and mouth busy.

Tips for getting through the day

- **Cut back on or stop drinking caffeine.** When you quit using tobacco, caffeine stays in your body longer. If you drink your usual amount of coffee or cola you'll feel jittery and nervous. Drink half or less of your usual amount of caffeine.
- **Eat several small meals during the day.** This will keep your energy level up by keeping your blood sugar level constant.
- **Stock up on low-calorie, fat-free snacks.** Unbuttered popcorn, carrot sticks, pretzels, pickles, gum, and mints will satisfy your need to put something in your mouth without adding fat and calories.
- **Keep busy.** If you're not working on your quit day, go somewhere that smoking isn't allowed, such as to a museum or to the movies.
- **Avoid stressful people and places.** Do things that you enjoy.
- **Stay away from people and places that remind you of smoking or chewing.** If you live with a tobacco user, ask him or her not to leave it where you'll find it and to smoke outside or only in a certain room.
- **Avoid drinking alcohol.** Beer, wine, and other alcoholic drinks are common triggers for tobacco use. Alcohol can also make it harder to resist tobacco.



What I will do on my first tobacco-free day

On your first day without tobacco, try to do something that will take your mind off smoking or chewing.

Do something active

- Take a bike ride or go for a walk.
- Go swimming.
- Play tennis or another sport.

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Go where you can't smoke or chew

- Go to the movies.
- Visit a museum.
- Go to the library.

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Spend time with friends who don't use tobacco

I'll make plans with

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Work on a hobby or start a new one

- Try needlework.
- Do woodworking.
- Play an instrument.
- Do puzzles.

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Chapter 3

The first days and weeks

What is withdrawal?

It's normal to feel out of sorts for the first two to four weeks after you give up tobacco or other nicotine-delivery systems. Below is a chart of common symptoms of nicotine withdrawal and what you can do to feel better.

Common symptoms of withdrawal

Symptom	Duration	Cause	What you can do
Dizziness	One or two days	Your body is getting used to having more oxygen.	Use caution while walking or driving.
Irritability and fatigue	Two to four weeks	Nicotine makes you alert. Without it you may feel tired and cranky.	Use caution while walking or driving.
Cough, dry throat, runny nose	A few days	Your body is getting rid of the mucus that has built up in your airways.	Drink plenty of water.

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Common symptoms of withdrawal

Symptom	Duration	Cause	What you can do
Constipation	One to two weeks	The digestive system slows down when you stop using nicotine.	Drink plenty of fluids. Eat more fruits, vegetables, and whole-grain cereals.
Sleeplessness	One week	Nicotine withdrawal may temporarily change your sleep patterns.	Avoid caffeine. Relax before bed. Go to bed at the same time each night.
Hunger	Up to several weeks	Tobacco cravings can be confused with hunger.	Drink plenty of water. Have low-calorie snacks on hand.



Coping with cravings

During your first few weeks without tobacco there are likely to be times when you want to light a cigarette or use tobacco. Here are some ways to cope with the cravings. Check off the ones that you find work for you.

Take deep breaths. Smoking is relaxing because you're breathing deeply and taking a break from your routine. Some people find it helpful to suck through a straw because it feels like a cigarette.

Exercise. Being active boosts your mood and curbs cravings. It will also help keep you from putting on weight, which may be a concern. Take a brisk walk when you would ordinarily have a cigarette or use tobacco, such as the first thing in the morning or after dinner. Over time you'll feel more fit and want to continue exercising.

Relax. Find a way to relax that works for you—meditation, yoga, deep breathing, exercise. Spend a few minutes of quiet time by yourself each day. Close your eyes and picture yourself free of tobacco.

Regular exercise can help you stay off tobacco for good. In one study, smokers who exercised and attended a quit-smoking program were 35 percent less likely to take up smoking again.

Treat yourself to things that make you feel good. Using tobacco lifts your mood, so it's a good idea to find other things you like to do: be with friends, take naps, read good books, watch funny movies, go to concerts. Fill your time with fun and relaxing things to do and people who make you happy. (But be careful not to overspend. And be sure to avoid alcohol.)

Drink plenty of water and eat fruits and vegetables. Water and herbal tea will ease the cough and runny nose, while fruits, vegetables, and whole grains will help with your digestion.

Don't act on your cravings. The urge to use tobacco should pass within 10 minutes. Busy yourself with something else until the danger has passed. Take a shower if you have to, or get up and move around.

Use the space below to document other ways that you will cope with cravings.

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Coping with stress

Previously, you probably lit a cigarette, chewed, vaped, or dipped when you felt stressed or nervous. Now that you've quit tobacco, you should find new ways to handle stress. Otherwise you may give in to your cravings the first time you have a bad day at work or get into an argument with your partner. Try these steps to help you deal with stress:

- **Own up to your stress.** Smokers often turn to cigarettes so that they won't have to deal with the cause of their stress. Think about why you're feeling the way you are and what else besides smoking you can do about it.
- **Deal with the problem, if possible.** Put your energy into dealing with what's causing you stress. If you're annoyed by the way someone is acting, talk to that person calmly, explaining that his or her actions are causing you to feel upset. If you're facing a big project, ask for help, or break it into smaller tasks and start working on them.
- **Look at the problem for what it is.** Will smoking a cigarette, dipping, or chewing make the problem go away? It's not likely.
- **Get support from others.** Talking to caring friends or family members can help you deal with the stress in your life. Call someone you care about and invite the person to spend time with you.
- **Find ways to relax.** Listen to a relaxation recording, meditate, do yoga, take a walk, cycle, swim, or do some other physical activity.



You may have trouble concentrating for the first few days. Go easy on yourself. If possible, break larger projects into smaller parts and take plenty of breaks. Remind yourself that soon you'll be back to your former self.



Ways to relax

The following relaxation exercises are easy to learn and easy to do. They will lower your heart rate, breathing rate, and blood pressure.

Deep breathing

Slow, deep breathing slows your heart rate, helps bring down your blood pressure, and relaxes tense muscles. Here's how to do it:

1. Stand or sit in a comfortable position.
2. Put one hand on your belly.
3. Breathe in slowly through your nose to the count of 10. Let your stomach expand as much as possible. Picture yourself drawing clean, fresh air into your lungs.
4. Hold your breath for a few seconds.
5. Breathe out slowly through your mouth to the count of 10.
6. After a few breaths, your body will feel lighter and more relaxed.

Muscle relaxation

1. Make a fist with your right hand, hold out your arm, and tense your entire arm for a slow count of 10.
2. Relax your right arm and fist to a slow count of 10.
3. Repeat with your left hand and arm.
4. Continue to tighten and relax all of your muscle groups: shoulders, legs and feet, stomach, neck, face, and buttocks.
5. End by tensing your entire body at once, including your face, to a slow count of 10. Relax to a slow count of 10.

Controlling weight gain

The fear of gaining weight keeps some people from quitting tobacco. Yet using tobacco is far more dangerous to your health than a few extra pounds. Here are some ways to keep fit when you quit.

Eat right

- **Eat healthy foods that are low in fat.** Dieting at the same time as quitting tobacco is too much for most people and may cause you to go back to tobacco.
- **Drink lots of water.** Carry a water bottle with you. Drinking enough water will help you feel less hungry.
- **Include protein in your meals and snacks.** Small amounts of protein will keep you feeling fuller longer. Spread celery with a teaspoon of peanut butter or top a few crackers or apple slices with low-fat cheese.
- **Eat slowly.** When you quit tobacco you're better able to smell and taste food. Enjoy each bite. Eating slowly gives your stomach time to tell your brain when it's full.
- **Find some lower-fat dessert recipes.** People often crave sweets in the days after quitting smoking. Look up some lower-fat dessert recipes. As an extra benefit, cooking will keep your hands busy and your mind off smoking.

Healthy meals

Spend some time looking through cookbooks and browsing sites online for low-fat recipes. Ask friends and family members for their favorite healthy meal ideas. Use the space below to document recipe sites, creative meal ideas, and interesting ingredients to try.

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Ways I will get exercise

Staying active is key to controlling weight gain. It also helps you fight cravings for tobacco. Try some of the ideas below and check off the ones that work for you.

Wear a pedometer. A pedometer tracks the number of steps you take. Research shows that people who wear one and aim for 10,000 steps a day get more exercise than people who don't use a step-counting device.

Exercise while watching TV. Do sit-ups, push-ups, leg lifts, or stretches. Even if you exercise only during commercials, you can easily get in 20 minutes of strength training during two one-hour shows.

Exercise with a friend. You'll help each other stay on track and have more fun if you exercise together.

Do activities you enjoy. A brisk walk in the morning, tennis, swimming, bicycling. Choose fun ways to get exercise.

Put your exercise times on your calendar. If you jot down “30-minute walk” in your appointment book, you’ll be sure to fit it in—especially if you schedule the rest of your day around it.

Try a team sport. Look for a soccer, basketball, volleyball, or softball league in your community or through your work.

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Chapter 4

Staying tobacco-free for life

Nicotine Anonymous says to think of quitting tobacco as an investment. For every 60 minutes of being tobacco-free, you've put an hour into becoming a healthier person. Don't let your investment in yourself lose value. Here are ways to keep yourself off tobacco:

- **Save your cigarette or tobacco money in a jar.** Treat your-self at the end of each week with a movie or material for a new hobby. Or watch the money add up while you save for something big.
- **Think about how fresh and healthy you feel without tobacco.**
- **Feel your energy building.** Think about how much better you'll feel in a month, six months, a year, and 10 years into the future.
- **Think about how far you've come.** If you've already gone through nicotine withdrawal, remind yourself of how hard it was. Do you really want to go through that again?
- **Change the way you think.** Think of yourself as someone who doesn't use tobacco. When you see someone light up, dip, or chew, remind yourself of all the reasons you quit.

- **Remember why you quit.** Look back at the reasons you cited on [page 5](#).
- **You will pay less for insurance.** Nonsmokers pay much less for life insurance than do smokers. People who don't use tobacco also pay slightly less for health and homeowner's insurance.

List the things that motivate you to stay away from tobacco and other nicotine-delivery systems.

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Adding up the savings

If you pay **\$5.51 for a pack of cigarettes** and smoke one pack a day, you'll save:

\$496 after three months

\$992 after six months

\$1,980 after one year

\$9,918 after five years

\$29,754 after 15 years

\$49,590 after 25 years

\$19,836 after 10 years

Handling a setback

Most people who quit tobacco try several times before quitting for good.

If you slip up and smoke a cigarette, don't give up. Even if you have a total relapse and start using tobacco regularly, just try again. Think about what went wrong and learn how you can do better next time.

- **Don't give up if you slip.** Sometimes people feel so bad when they slip that they talk themselves out of quitting. They might decide they'll never be able to quit, so there's no use in trying. If this happens to you, remind yourself that a slip is just a slip; it doesn't mean you're going back to tobacco for good.
- **If you bought cigarettes or smokeless tobacco, throw the package away.** Also stay away from smokers and other tobacco users and places where you can easily get tobacco, such as bars.

- **Figure out why you used tobacco again.** Maybe willpower wasn't enough and you should try nicotine replacement therapy or another type of medication. Or you may need to work on ways to relax.
- **Look back at the "Dealing with triggers and temptations" chart on [page 10](#).** Did any of these triggers lead you back to tobacco? What can you do differently next time?
- **Quit again—today.** Don't put off quitting again; otherwise your body will get used to the nicotine, which will make it harder to quit. Quit today.

Learning from setbacks

Use the space below to list what led to your using tobacco again. Maybe you were under a lot of stress or were with smokers or other tobacco users. By going over what led to the setback, you can find ways to keep the same thing from happening again.

What I was doing when I used tobacco

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Who I was with?

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How I was feeling

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Next time, instead of using tobacco, I will

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Even months after you quit, one cigarette, dip, or chew can rekindle the urge to start up again. So watch out if you start telling yourself that a single cigarette or tiny pinch won't hurt. One is likely to lead to two, then three, and, before you know it, you'll be back to your old habits. You've put too much work into quitting to let that happen!

Learning more

800-QUIT-NOW (800-784-8669)

This national toll-free number will direct you to a quit-smoking hot line in your state or to the National Cancer Institute's quit line if your state does not offer a quit-smoking hotline.

American Cancer Society

www.cancer.org

This website offers information on quitting tobacco, including an online guide, with information specific to quitting chewing tobacco.

American Lung Association

www.lung.org

This organization's website offers information, resources, and a free online smoking-cessation program.

Become an Ex

www.becomeanex.org

This website offers a variety of tools that will help with your quit attempt, including a step-by-step online personalized quit plan, a free EX Quit Plan book, and a toll-free number that connects to state tobacco quit lines for free smoking-cessation information.

Centers for Disease Control and Prevention

www.cdc.gov/tobacco

This website provides information, data and statistics, and resources.

KillTheCan

www.killthecan.org

This website contains resources, including online forums, to help people stop chewing tobacco.

Nicotine Anonymous

www.nicotine-anonymous.org

Nicotine Anonymous uses the 12-step philosophy of Alcoholics Anonymous to help smokers give up nicotine.

Quit Smokeless

www.quitsmokeless.org

This website contains resources, including online chat, to help people stop chewing tobacco.

United States Department of Health and Human Services

betobaccofree.hhs.gov

This website offers the latest news and information to help people stop smoking.

Smokefree.gov

www.smokefree.gov

This website provides free, evidence-based information and professional assistance to help support the immediate and long-term needs of people trying to quit smoking.