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Research shows that when some people quit smoking they may gain weight. Weight gain does **NOT** happen in every case!

You **CAN** quit smoking without gaining weight.

You can be Smoke-Free and Fit!

You gain weight when you take in more energy than you use.

To avoid gaining weight you can do two things:

1. Take in less energy -- food! OR
2. Use more energy- exercise!

When you quit smoking, you may tend to eat more --

- You may snack to keep your hands busy.



- Food may taste and smell better because your senses are no longer affected by smoke.

So how do you cope?

- Eat regular meals -- plan to get the energy you need for a day from several meals.
- Divide your food into at least 4 eating experiences.
- Each time you eat, select at least one serving from grain, fruit and vegetable groups.
- Make your own rules and follow them!

When you quit smoking you will need something to take up the time you used to spend smoking. Get moving -- make exercise a part of your life!

- Take the stairs or, park farther away from the door.
- Set aside 20 minutes every day to walk, swim, dance or anything you choose.
- Make your own rules and follow them!



- [Smoke-Free & Fit - Breaking the Barriers](#)
- [Smoke-Free & Fit - Goal Setting and Preparing To Quit](#)
- [Smoke-Free and Fit - Weight Management After Quitting Smoking](#)
- [Smoke-Free & Fit - Eat For Good Health](#)

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