

## *Smoking Cessation and Weight*

It is true that you may gain weight after you quit smoking. The important thing to remember is that it is perfectly normal. You will naturally have changes in your metabolic rate and eating habits. Fortunately there are ways to cope with life's stresses since you have decided to quit.

Changes in the body's metabolic rate may account for some weight gain. Smoking increases the metabolic rate and speeds your body's process to burn calories. After you stop smoking, food may taste and smell better and lead you to take bigger portions and extra helpings. Snacking may also become a method of dealing with the stress.

Above all, make quitting smoking your overall goal. Although weight gain may occur, there are ways to prevent eating reactions to stress. You can focus on changing your routine and keeping your mind off smoking. These methods include:

- Exercising
- Relaxing
- Eating healthy foods
- Thinking into the future
- Being aware of your help resources

Exercise is a great alternative to keep your mind off smoking. It improves your health, reduces stress, and controls your weight. Eating healthily can help you avoid weight gain. Keep healthy snacks such as fruits and vegetables handy to help manage your cravings.

Stay focused on your goal of stopping smoking. Even if you have smoked most of your life, it is never too late to stop. Quitting smoking can help lower your chances of cancer, stroke, heart disease, and lung cancer. If you already have a smoking-related illness, stopping can help improve your condition. It can even improve the effectiveness of some medications.

You have many resources to help you through this difficult process. You can contact your health care provider, your state or local health department, or information hotlines. Don't forget to make a friend a member of your support team. You have a lot of people pulling for you, so stick with it. Your health will thank you!