

# Weight & Exercise

- ♦ Quitting Tobacco is hard!
- ♦ Sometimes thinking about cutting something else from your life is just too much to think about!
- ♦ So give yourself something instead!!
- ♦ Here are some helpful suggestions for exercise and weight management.



1. Start an exercise program such as walking 15 minutes everyday. If you are already exercising, make your routine consistent 4-5 times a week.
2. Keep healthy snacks ready to eat.
3. Eat slowly, try to identify taste and seasonings.
4. Drink eight 8 ounce glasses of water a day.
5. Sip ice cold water through a straw all day.
6. Eat 5 fruits and vegetables everyday. Servings: 1 medium fruit; 1 cup raw or 1/2 cup cooked vegetables. (Do not add high fat dips or sauces)
7. Keep busy with hobbies such as woodworking, yard work, house work, needlepoint, cross stitch, etc.
8. Take a walk for 5 minutes every time you have an urge or craving.
9. Take your measurements and weigh yourself. Consider yourself successful if your measurements decrease or your clothes fit better, even if

**YOU CAN DO IT!!!**