



# How Can I Avoid Weight Gain When I Stop Smoking?

It's very important to quit smoking, even if you gain a few pounds. The good news is that the average weight gain after quitting is about 10 pounds. And even if you do gain a few pounds, that's not as important as saving your life. When people gain weight, it's usually because they start to eat more once they quit smoking. If you watch what you eat and stay physically active, you may not gain at all!

- Eat a healthy diet.
- Exercise.
- Drink water.

- It releases stress and calms you.
- It can help control your appetite.
- It helps keep your mind off smoking.
- It may help control cravings and the urge to smoke or use tobacco.
- It burns calories and can help you reach and maintain a healthy weight.
- It can improve your mood.

Becoming more active can help you lose or maintain your weight. Try any of the following.

- Walk briskly in your neighborhood or at indoor shopping malls.
- Do gardening or yard work.
- Take the stairs instead of escalators and elevators.
- Park farther from stores and walk.
- Take a dance class.
- Start jogging.
- Ride a bicycle.

The key is to sit less and move more. Aim for at least 150



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Take a few minutes to write  
down questions for the  
next time you see your  
health care professional.

For example:

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