



FOREVER  
*FREE*<sup>TM</sup>

A Guide  
To Remaining  
Smoke Free



Smoking  
And Weight

# Contents

|   |    |
|---|----|
| Why a Booklet on Weight Control after Quitting?           | 2  |
| Who Gains Weight?   | 2  |
| Why do Ex-Smokers Gain Weight?                            | 3  |
| Is Weight Gain a Sure Thing?                              | 5  |
| Effects of Smoking and Weight Gain<br>on Health and Looks | 6  |
| Weight Control after Quitting                             | 8  |
| Exercise  | 10 |
| Make Exercise Part of your Day                            | 12 |
| Summary   | 14 |

*This is the third booklet in the Forever Free series. This booklet covers how smoking and weight are related, the reasons that people often gain weight after quitting smoking, and what can be done to control weight after quitting.*

*This booklet may be of interest even to people who are not worried about their weight. Exercise and diet are important for everyone who wants to live a healthy lifestyle.*

## Why a Booklet on Weight Control after Quitting?

Are you concerned about gaining weight as an ex-smoker? Have you gained some weight after quitting smoking? You are not alone.

Four out of every five people who stop smoking gain some weight. While the health benefits of quitting far exceed the problems of gaining weight, many people do not like it if they put on a few extra pounds.

However, six months after quitting, most people have lost at least some of the weight that they gained. It is important to know that you can quit smoking and control your weight. It may take some time and effort, but it can be done!

This booklet should help you understand the reasons that people gain weight after quitting. It offers tips on how to lessen weight you might gain. Remember, staying smoke-free is your top goal. Staying off of cigarettes is much more important than losing a few pounds. Some people return to smoking to lose weight. You want to avoid this thinking, even if it means living with a few extra pounds.

## Who Gains Weight?

The average person who quits smoking gains between 4 and 10 pounds. It turns out that the average smoker weighs 4-10 pounds less than the average non-smoker—even if they have the same levels of exercise and food intake. Thus, it seems that the weight gained by quitting smoking brings most ex-smokers up to what they would weigh if they had never smoked.

The more cigarettes that a person smoked per day, the more weight he or she is likely to gain after quitting. Someone who quit smoking two packs per day may expect to gain more than someone who quit smoking only one pack per day.

Please note that these numbers are only averages. You may be above average or below average. Half the people who quit smoking gain less than the average 4-10 pounds. And, about one out of ten ex-smokers gains as much as 25-30 pounds.

Most weight tends to be gained in the first six months. Then, after six months many people start to lose the weight they gained as they adjust to being an ex-smoker.