

Weight Management

It is normal for some people to gain between 3 to 5 pounds of weight as they stop smoking. The main thing to remember is that smoking is much more harmful than gaining a little weight. Here are a few tips to help you avoid gaining weight:

1. Start a daily habit of taking a brisk walk or other exercise to burn calories.
2. Eat the food you usually do, but in smaller servings.
3. Drink more water and snack on fruits or vegetables when you get hungry.
4. Get up from the table as soon as you have finished eating.
5. Brush your teeth or use mouthwash immediately after meals.



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