# Stopping smoking and physical activity

**Research shows that being physically active whilst stopping smoking can help:**

* Reduce nicotine withdrawal symptoms and cravings.
* Reduce weight gain and the risk of chronic diseases, such as heart disease and cancer.
* Improve self-esteem.
* Boost the immune system.
* Release ‘feel good’ chemicals, making you feel more positive.
* Keep you busy so that you can focus on your exercise rather than a cigarette.

**These changes can be made by a variety of methods:**

* “Lifestyle” activities (e.g. walking, gardening, housework).
* Structured exercise (e.g. swimming, aerobics).
* Sports (e.g. football, netball).
* Home-based workouts (e.g. workout videos or exercises done from the comfort of your own chair, especially suitable for those with mobility problems).

Why not use the money you have saved from not buying cigarettes to get a gym membership, a personal trainer or join a sports team?

Evidence shows that withdrawal and cravings to smoke are lower during and after:

* Five to ten minutes on a bike at moderate intensity (breathing slightly harder than normal).
* A one mile walk at your own pace.
* A weekly walking programme.
* Five minutes of isometric exercises (i.e. pushing or pulling an immovable object, like pushing against a wall).

The recommended amount of activity for adults is at least 150 minutes of moderate intensity activity each week as well as strength exercises on two or more days a week. More information can be found on these websites:

* The **Being active** pages on the West Sussex Wellbeing website:

www.westsussexwellbeing.org.uk/topics/being-active

* **One You website:**[www.nhs.uk/oneyou](http://www.nhs.uk/oneyou)

## Ready to quit?

You are three times more likely to quit for good with the help of a trained stop smoking advisor. Find your local stop smoking advisor by visiting the West Sussex Wellbeing website: [www.westsussexwellbeing.org.uk/smokingservices](http://www.westsussexwellbeing.org.uk/smokingservices)

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