Staying Quit

Benefits of exercise

- Natural high- exercise produces chemicals in the body that relieve stress and improve mood.
- Increased fitness- exercising improves heart and lung function. You will have more energy and breathe easier.
- Improved coordination- exercise improves balance, strength and flexibility making all physical tasks easier and more enjoyable.
- Having fun- choose the activities you love, get outdoors, and enjoy the moment.
- Richer social life- exercise can introduce you to a new friend. Take a class, go to the gym or get a workout buddy.
- Increased metabolism- exercise speeds up your metabolism and increases the amount of calories you burn in a day.

Guidelines for Exercise

- Talk to your doctor before beginning any exercise program.
- Warm up and cool down for at least 5 minutes before and after exercise.
- If you are new to exercise start slow 10-15 min a day and work you way up.
- Exercise 30 min a day for health.
- Exercise 60 min a day to maintain weight.
- Exercise 90 min a day to lose weight.
- Any activity that raises heart rate counts and time can be accumulated throughout the day (example: three 10 min walks spread out during the day).
- Drink lots of water to stay hydrated.
- For maximum benefits alternate between aerobic, strength, and flexibility training.
 - o Aerobic: any activity that increases heart rate; walking, jogging, riding a bike etc.
 - o Strength: any activity that puts resistance on the muscles; weight training, resistance bands.
 - o Flexibility: any activity that stretches the muscles and tendons; Yoga, stretching, Pilates, Tai Chi.

Guidelines for maintaining weight

- Increase the calories you burn in a day through exercise.
- Control portion sizes and eat only when hungry. Take home leftovers when eating out.
 - o A serving size of meat is a deck of cards
 - o A serving size of starch is a baseball
 - o A serving size of fat is the size of your thumb
- Increase fruits, vegetables try to eat at least 5 servings a day.
- Strive to make half of your grains whole.
- Minimize sugar and artificial sweeteners.
- Drink lots of water instead of caffeine or sweetened juices.

- Have healthy snacks prepared.
- Avoid eating for comfort when angry lonely or tired. Deal with emotions in a healthy way.
- Take your time, enjoy the taste of food, and chew slowly.
- Focus on health rather than weight.

Dealing with stress

- Relax- practice deep breathing, counting to ten, meditation, yoga or hypnosis.
- Rest- get enough sleep, lower caffeine and sugar; take breaks, vacation and sick time.
- Manage your time- plan ahead, leave early, don't procrastinate, and set aside free time for yourself.
- Express yourself- communicate assertively, honestly, and practice saying no.
- Ask for support- talk to friend, a professional, or join a support group.
- Exercise.