



## Quitting Smoking and Enjoying the Active Life

---

When you decide to quit smoking, you will be making the best decision that you can toward better health.<sup>1</sup> Smoking reduces your quality of life. It is a form of pollution, too. Quitting smoking can help you to stay fit and reduce stress, too.

Quitting smoking means you have to overcome some physical and mental challenges.<sup>1</sup> Withdrawal symptoms can start within a few hours. They often peak 2 or 3 days later and go away in time.<sup>1</sup> This is a perfect time to start a healthy new hobby or habit in your life. When you try something new, it can help you get used to your new nonsmoking routine. It can help to keep your thoughts off smoking.

### An abundance of opportunities

Make a list of all of the activities you've wanted to try.

**There are many things to choose from, such as:**

- Something adventurous, like camping, kayaking, or rock climbing
- A relaxing activity, such as playing cards, reading, or gardening
- Trying a new hobby like restoring furniture or bird watching
- Something social, like volleyball or walking with a friend
- A family-oriented activity like bowling or playing a board game
- Something for your artistic side, like sketching a landscape or auditioning for a play

Explore the many opportunities open to you. Find something that fits well in your life. When you try new things, you find out new things about yourself, too. Take time to think and focus on what's most important for your health. Think about what has made you make these healthy changes.

When you're on the go, you'll soon find that it's easier not to smoke. You don't have to be sure you have cigarettes and matches or a lighter with you. You will not have to seek out places that will allow smoking. You won't have to stay apart from others.



When you don't smoke, you can really appreciate all that life has to offer. You can enjoy the smell of flowers, a ripe tomato, or fresh bread. As a nonsmoker, physical activity will feel easier. You will enjoy it more. Not smoking will help you to live in the moment. It will help you get the most out of your time and relationships. You won't have to focus on how you will fulfill your next nicotine urge.

### **Start enjoying life now**

Don't wait. Put your quit date on the calendar along with some activities you enjoy. Focus on the simple things. And best of all, enjoy the freedom that comes with being free from your addiction to nicotine.

#### **Reference:**

1. American Cancer Society. Guide to quitting smoking.  
[http://www.cancer.org/docroot/PED/content/PED\\_10\\_13X\\_Guide\\_for\\_Quitting\\_Smoking.asp](http://www.cancer.org/docroot/PED/content/PED_10_13X_Guide_for_Quitting_Smoking.asp).  
Accessed March 24, 2008.