



Let's Talk About...

Physical Activity and Tobacco Use

Getting physically active is one of the most important things you can do as you become tobacco free. There are lots of ways to be active that are fun and free! The more physically active you are, the better your chances of staying on track.

What are the benefits of being active?

Being active helps you:

- be a healthier person
- sleep better
- lower your stress
- reach or stay at a healthy weight

People who are physically active have less desire to smoke, fewer cravings for tobacco, and fewer withdrawal symptoms if they stop smoking.

Exercise can also help you stay relaxed and positive. This is important for stopping smoking and staying smoke-free. Exercise can help you:

- manage cravings and recovery symptoms
- deal with depression and anxiety
- feel comfortable around other people
- think more clearly
- feel good about yourself (self-esteem)

What are some ways to get moving?

Here are some ideas to get more activity in your day:

- Get off the bus 1 or 2 stops early and walk the rest of the way.
- March in place during TV commercials or use a treadmill during a 30-minute show.
- Park your car 1 or 2 blocks away and walk.
- Use the stairs instead of the elevator.
- Take a walk after dinner instead of watching TV.
- Walk your dog twice a day.
- Plan your errands so they're walking distance from each other (e.g., post office, library, dry cleaner, pharmacy).
- Walk with a friend at lunchtime for 10 minutes.
- Walk to the store instead of driving.
- Dance to your favourite songs on the radio or go out dancing.
- Learn a new sport or join a sport team.

For more information and support, visit albertaquits.ca.

Try to get 150 minutes of moderate activity each week—that's 30 minutes, 5 times a week. Learn more at:

www.participaction.com/en-ca