Give your best
Smoking can get in the way of being the best you can be for your unit, your family and yourself.

When you make a plan to stop smoking, it means you’re ready to give more of yourself to the things you really care about.

Manage your weight
Here’s the catch: Smoking gets in the way of doing well on assessment tests and meeting fitness standards. But people who stop smoking often tend to gain a few pounds. Extra weight can also make it harder to meet the standards.

Plan for this. The permanent damage you do to your health by smoking is far worse than the dangers of a few extra pounds. Ask your health care provider for help with staying a healthy weight when you quit smoking.

Being active is smart
Burning an extra 200 calories a day can help keep weight gain low the first few months after you quit. Here’s how many calories someone who weighs 150 pounds will burn by doing 20 minutes of these activities:

<table>
<thead>
<tr>
<th>Activity</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Swimming</td>
<td>104</td>
</tr>
<tr>
<td>Basketball</td>
<td>130</td>
</tr>
<tr>
<td>Weight training</td>
<td>140</td>
</tr>
<tr>
<td>Jogging</td>
<td>220</td>
</tr>
</tbody>
</table>

If you weigh less, you’ll burn fewer calories. If you weigh more, you’ll burn more. If you’re active for more than 20 minutes, you’ll burn more too.

Tips for quitting and eating
These things help you resist urges to smoke and manage your weight. You get a “two-for-one” value.

* Drink water. Water helps flush the nicotine out of your body. Drinking 8 cups a day keeps your mouth busy so you’re less likely to smoke. And it helps control your appetite.

* Eat healthy foods and snacks. Fruits, vegetables and whole grains prepared in healthy ways can fill you up. And putting something crunchy—such as raw veggies—in your mouth instead of a cigarette can cut down on urges.

* Get physical. Slowly build up the time you spend being active. It helps distract you from the urge to smoke and helps you manage your weight.

Meet the challenge
Remember your reasons. You know why quitting smoking is a smart thing to do. So go ahead. Make the commitment to do it.

Start practicing. Use the steps in this pamphlet to help.

Set your stop date. Choose a date about two weeks out.

Tell others. This strengthens your commitment and increases your chances of success.

Lead the way.
It’s worth it!
Want to stop smoking? Get ready to lead the way!

The discipline that makes you a good trooper can help you beat smoking for good. You can do it! Everyone’s reasons are different.

**Do you want to:**
- Be focused and clear headed without nicotine?
- Feel and look better?
- Pass your fitness assessment or meet physical standards?
- Save money?
- Be free to go where you want without thinking about smoking?

Make your own list. It can help you prepare and stay quit once you stop.

**You know what to do!**

Kicking cigarettes can be hard, especially when people around you smoke. But you know how to do hard things.

**Have a plan.** Set your goal. Then do whatever it takes to achieve it.

**Stay focused.** Even when it’s uncomfortable, remember your mission. Make the sacrifices needed to get there.

**Stick with it.** Don’t give up when things get tough. Success is sweeter when you work for it.

**Win the battle.** Tobacco is the enemy to your readiness, your best performance and your health. Resolve to beat it.

**Fight for your freedom.** Smoking distracts you from what’s important. When you don’t smoke, you can focus on strength, safety, your future, or staying out of harm’s way.

**Check your routines**

**Habits**

Look at when you smoke. Do you smoke when you first get up? After a meal? At the end of your work day? When you’re bored?

**When you stop:** Come up with new habits. Drink orange juice when you get up. Go for a 10-minute walk after you eat. Play some pick-up basketball after work.

**Triggers**

Notice when you feel urges to smoke. Do you light up when others smoke? When you feel stressed? When you feel tired or depressed?

**When you stop:** Avoid triggers or find different ways to respond. Stay away from smoke at first. Use deep breathing to deal with stress. Rest so you don’t get too tired.

Show others how it’s done!

**Be ready when you stop**

**Plan it! Practice stopping**

Use these 5 steps to cope with urges to smoke. Practice before you stop for good by choosing not to smoke a few times a day.

1. **Notice the urge.** Don’t fight it.
2. **Stop and think.** How does it feel? What is it like?
3. **Choose not to smoke.** You only need to do this for a minute or so.
4. **Wait.** The urge will pass.
5. **Congratulate yourself.**

Find out about nicotine replacement therapy (NRT) and other medicines that help people stop smoking. It can increase your chances of success.

**Plan it! Get support**

Who’s got your back? Find people who can give you support when you stop smoking.

This might include:
- A health care provider
- Friends or family who’ve never smoked
- Former smokers—people who’ve quit
- Friends who still smoke but are willing to help you quit

**Plan it! Stress busters**

When you stop smoking, you may feel the stress you’ve been masking with cigarettes. Before you quit, work on some new ways to deal with stress.

Here are some ideas:
- **Breathe.** Take a few slow, deep breaths. Count slowly to 5 as you inhale. Hold for a count of 5. Then exhale slowly.
- **Move.** Do some kind of physical activity every day.
- **Eat healthy.** Avoid too much caffeine, sugar or rich foods. Foods that make you feel bad will make you feel stress more.
- **Relax.** Think of a place you like—somewhere beautiful, fun, calming or comfortable.
- **Touch base.** Spend time with people you love and do things you like to do. If you’re apart from your family, find ways to connect. Use phone calls, e-mail, videos or letters.