

WHAT CAN YOU DO NEXT?

Identify what you enjoy

Figure out what types of activities you're most likely to stick with, as well as where, when and how often you'll do these activities.

Identify potential barriers to being more active

Think about these barriers and explore ways to overcome these.

Whatever you choose, set realistic goals and start small

Even a ten-minute walk can help lift your mood and refocus your thoughts

away from smoking. For example, if you get a craving, walk around the block, or through your building.

Join or visit your local YMCA, public gym or health club

Investigate what activities are available locally, find out if there any schemes where you may be able to get help with paying for activities. Think about what you enjoy and explore the activities they offer that match your interests.

Ask your GP about local exercise prescription or quit smoking schemes.

MORE INFORMATION

- NHS Smoking Helpline 0800 169 0 169 or visit www.gosmokefree.co.uk
- BBC Online Health www.bbc.co.uk/health/conditions/addictions/
- Active Places - find sports facilities around England www.activeplaces.com
- QUIT (UK charity for quitting smoking) 0800 002200 or www.quit.org.uk

PROFESSIONAL'S DETAILS

Notes/Local information

WHO IS SPORTEX/HEALTHEX?

We specialise in producing information and resources for medical, health and exercise professionals around the subject of exercise, health and musculoskeletal injury. This includes a range of subscription-based publications and accompanying advice hand-outs for patients and clients. All our material is produced by leading medical professionals and reviewed by peers working in relevant industries. **For more information visit www.sportex.net**



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EXERCISE AND SMOKING CESSATION



THE REALLY GOOD NEWS IS...

- Physical activity provides a range of physical and psychological health benefits
- A brisk five minute walk has been shown to reduce cigarette cravings as well as withdrawal symptoms
- Physical activity may help to reduce stress and tension associated with quitting smoking
- Exercising may help to minimise weight gain associated with smoking cessation
- Becoming more physically active may help you shift from seeing yourself as a smoker to an active and healthy non-smoker!

WHAT SHOULD I DO?

Amount of exercise

There is little agreement concerning the amount of exercise required to have an effect in terms of helping to give up smoking. Effects are likely to be depend on your preferences, experiences and on your circumstances. Perhaps the most important ingredient is being able to increase your levels of activity and maintain this new level over a continuous period of time.

Unless you have access to a trained exercise professional and screening has been undertaken by a health professional, the general advice is to engage in moderate intensity exercise which will raise your energy expenditure, and to incorporate exercise within a broader plan to quit smoking including counselling and/or nicotine replacement therapy.

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Be active - be safe - have fun!

EXERCISE AND SMOKING CESSATION

CURRENT RECOMMENDATIONS

In the absence of a single definitive exercise dosage, current public health recommendations of 30 minutes of accumulated moderate activity throughout the day on most or preferably all days should apply. Depending on personal preference and if you are fit enough, more vigorous forms of physical activity may also help. Before starting any exercise regime you should consult your GP.

OTHER BENEFITS OF EXERCISE

- Quitting smoking is often associated with increases in weight. Exercise can help you lose weight particularly if you combine this with eating healthy food.
- It helps build muscle which means you burn more calories even when you're not exercising.
- It helps protect you against other conditions which cause ill health,

and which smokers are at greater risk of suffering like diabetes, heart disease and some cancers.

- Physical activity, along with a healthy diet, helps reduce stress and improves your overall feeling of well-being and quality of life, as well as helps you to sleep well.

lems stop and ask for medical advice from your GP or contact NHS Direct on **0845 4647:**

- Discomfort in your chest or upper body
- Uncomfortable or severe breathlessness brought on by physical activity
- Dizziness or nausea on exertion
- Fainting during or just after exercise
- Palpitations (a very fast or irregular heart beat) during activity.

STAYING SAFE

If you get any of the following prob-

WHAT TYPE OF ACTIVITY IS BEST?

While stamina-based activity is particularly important, you also need to include some strength and flexibility-based activity to get the best health gains.

Stamina-type activities: Walking, swimming, cycling, dancing, tennis or playing football or other sports

Strength-type activities: Walking uphill, carrying shopping, climbing stairs, gardening (digging or mowing) and housework

Flexibility-type activities: Dancing, yoga, Pilates, T'ai Chi and gardening

Tips on increasing your activity level

- Walking is an ideal activity as it's free and easy to do anywhere. Perhaps take a dog for a walk to make it more interesting or use a pedometer to count your steps.
- Look for opportunities to be active during your whole day. For example park at the far end of the car park, or walk one stop further to catch the bus, and take 10 minutes out of your lunch break to go for a walk.
- Try using the stairs instead of the escalator. If you do use the escalator, start by walking part of the way and gradually progress to walking up the whole way.
- Choose activities that you enjoy doing. Involve your friends and family to make your activities fun, sociable and enjoyable.

HOW MUCH AND HOW OFTEN?

Frequency Your main aim is to build up to 30 minutes of moderate intensity activity on 5 or more days of the week. If this seems too much to start with, try starting with 3 x 10 minute walks spread throughout the day and work towards 2 x 15 minute walks and then 30 continuous minutes. One goal is to try and increase your activity by 2 minutes each day.

Intensity Moderate intensity means breathing harder and getting warmer than normal. It does not need to be hard. You should be able to talk and be active at the same time.

Advice Whatever your chosen activity, it should be performed at a gentle intensity which gradually increases for the first 10 minutes until you have reached the level you can maintain for your chosen period of activity. This gets the blood flowing to your muscles and allows your heart rate to increase gradually. When you are nearing the end of your activity you should also slowly decrease the level of activity over 5-10 minutes to allow your heart rate to slow down gradually.

Remember Set yourself realistic goals and don't worry if you miss one day. Just make sure that the next day you pick up where you left off.