

Smoking and Physical Activity

Cutting down helps improve breathing and therefore helps people to become more active. Increasing activity may:

- Reduce an urge to smoke as the period between cigarettes increases
- Reduce withdrawal symptoms such as stress and anxiety, low mood, irritability, restlessness and hunger
- Serves as a distraction and becomes a new interest to replace the need for cigarettes
- Help to prevent weight gain
- Help to see yourself as a physically active person rather than as a smoker
- Becoming more active may improve sleeping patterns