

## PHYSICAL ACTIVITY

- Going for a 10 minute walk 3 times a day could reduce your cravings throughout the day.
- Physical activity works as a substitute for nicotine – taking your mind off having a cigarette. It has been shown that people will leave it longer before having the next cigarette.
- It is a powerful aid to reduce the urges to smoke.
- Physical activity is also known to actively reduce stress, can help lift your spirits and clear your mind.