



ACTIVITIES TO DO AFTER QUITTING

Activity 3. Walking up stairs

One of the amazing things about quitting is just how quickly your body starts to recover. One way you can prove this is to take the stair test.

All you have to do is find a suitable staircase and walk up it. Maybe there's one where you work or where you live – in the town, sports stadium or local shopping centre? It really doesn't matter where, as long as you can walk up it every week of your quit attempt.

My Stair Test

	DIFFICULTY LEVEL	TIME (mins)
Day 3 (Week 1)	1 2 3 4 5 6	
Day 10 (Week 2)	1 2 3 4 5 6	
Day 18 (Week 3)	1 2 3 4 5 6	
Day 25 (Week 4)	1 2 3 4 5 6	
Day 31 (Week 5)	1 2 3 4 5 6	
Day 39 (Week 6)	1 2 3 4 5 6	
Day 59 (Week 9)	1 2 3 4 5 6	

Once you have completed the test, rate how difficult you found it between 1 and 6 (1 = easy, 6 = really difficult) and record how long it took.

If you repeat this test every week of your quit attempt you'll soon notice how your improved health is giving you more puff. You should see (and feel) your health improving week by week – which is a great motivator.

Try the stair test now – it will probably make you even more determined to stop smoking.

NB. If your doctor has advised you against taking physical exercise for health or medical reasons then you should consult him/her before attempting this activity.

Did you realise that every cigarette you smoke is helping to dull some of your senses? The smoke you inhale kills the ability of sensitive cells in your mouth and nose to detect smell and flavour.

Once you stop smoking, those cells begin to regenerate. Within a few short weeks, your sense of taste and smell should noticeably improve. One way to underline the positive change is to take a sense test.

Activity 4. Test your senses

You can actually prove if your sense of smell is improving by smelling some flowers – and your sense of taste by tasting something sweet. Simply note how strong the taste and smell appear on a scale of 1-6. Within a few short weeks you'll be amazed at just how much your senses have improved.

Think what that means – your senses will be sharper. You'll probably enjoy food a lot more. Now more than ever, you can probably see how cigarettes are messing up your life.

	SMELL						TASTE					
Day 7 (Week 1)	1	2	3	4	5	6	1	2	3	4	5	6
Day 14 (Week 2)	1	2	3	4	5	6	1	2	3	4	5	6
Day 21 (Week 3)	1	2	3	4	5	6	1	2	3	4	5	6
Day 28 (Week 4)	1	2	3	4	5	6	1	2	3	4	5	6
Day 35 (Week 5)	1	2	3	4	5	6	1	2	3	4	5	6
Day 42 (Week 6)	1	2	3	4	5	6	1	2	3	4	5	6
Day 63 (Week 9)	1	2	3	4	5	6	1	2	3	4	5	6



**LOSE THE
SMOKER IN YOU**
ACTIVITIES TO HELP



SIMPLE STEPS TO HELP YOU QUIT

This leaflet has been specially developed to introduce you to a variety

of helpful activities that you can use to boost your chances of quit success. There are many simple activities that can help you quit. You can even benefit from some right now, before you even start the quit journey.

The information in this leaflet will clearly demonstrate the benefits of quitting. However, it should not be considered in isolation, as you should also look to your doctor or pharmacist for additional support to stop smoking successfully.

ACTIVITIES BEFORE QUITTING:

Activity 1. Know your reasons for quitting

People stop smoking more easily when they have firmly established their own good reasons for quitting. To help you get started, rate the reasons given here as either unimportant (0), mild (1) or strong (2) reasons for you to give up. Then place a tick next to your two strongest reasons.

REASON	CIRCLE IMPORTANCE			TICK TWO STRONGEST
I am scared about dying before my time	0	1	2	<input type="checkbox"/>
I am worried about my health	0	1	2	<input type="checkbox"/>
I am fed up with being dependent on cigarettes	0	1	2	<input type="checkbox"/>
I am fed up with my mouth, hair and clothes smelling of stale smoke	0	1	2	<input type="checkbox"/>

I want to spend more time with my family

I want to save money

Other reasons

Quitting, with a firm understanding of why you're quitting, can really put you one step closer to success.

Activity 2. Make your environment smoke-free

Even before you give up it will be very important to get your home and working environment ready for a cigarette-free life.

Make sure you take the time to do this task properly – it's the last thing you'll do before you quit. It's also one of the most important.

To help you clean up your act, here's a simple, 'ready to quit' checklist:

- Write a letter saying goodbye to your cigarettes
- Throw out all your cigarettes and empty packs
- Check all your clothes for hidden or forgotten packs
- Clean and put away ashtrays
- Wash all your clothes, towels and other items that smell of smoke
- Clean your home and car thoroughly
- Open all the windows to clear the air

Action Plan

Remember failing to prepare is preparing for failure. Start thinking now about the action you can take to help yourself quit, before you actually quit!

YOU CAN ESCAPE THE SMOKER IN YOU

You know that stopping smoking is the best way to improve your health and restore your sense of taste and smell, but you still haven't found a way to quit that works for you.

So if you are serious about stopping smoking, now is the time to ask your doctor about ways to quit.

There may be treatment options which you have not tried before that could help you lose the smoker in you for good.



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