

CLASS FIVE – THE NON-SMOKING LIFESTYLE

PURPOSE

To give the participants a wide range of healthy options to consider adopting as they strive to become and stay smoke-free.

AGENDA

Item	Time
Welcome and review agenda	5
Deep Breathing	10
Check-In	30
Your New Non-Smoking Lifestyle	5
Get Healthy Make-over & the Benefits of Exercise	25
Healthy Snacks	20
Getting Back on Track	10
Next Class	5

MATERIALS

Each Class:

- Sign In Sheet
- Water
- Blank flipchart/easel
- Hand Sanitizer
- Container of Miscellaneous Supplies
- Pens
- Whiteboard Markers
- Box of Tissues
- Cinnamon Sticks

Class 5 Materials

- USDA 10 Tips: Add More Vegetables to Your Day
- USDA 10 Tips: Focus on Fruit
- New USDA Healthy Plate Guidelines
- ADA Fiber Tip Sheet
- Nutrition Labels
- Sugary Drinks Handout
- Importance of Water
- The Top 6 Reasons for Gaining Weight When you Quit Smoking
- Detoxing After Quitting
- Tips to Help Sleeping
- The Benefits of Exercise
- Simple Stretches
- Get Healthy Make-Over
- How To Get Back on Track

PREPARE AHEAD

- Healthy Snacks for participants to try and any needed serving/eating products
- Flipchart:
 - Stages of change



CLASS CONTENT

5.1 Welcome (5 minutes)

- Give positive feedback for attending
- Explain purpose of session
- Review through agenda

5.2 Deep Breathing (5 minutes)

- Review the best way to relax using your breath.
- Have participants try a couple new deep breathing exercises. (Example: Instead of 4-4-8, try 5-5-5 or introduce circular breathing.)
- Ask who is practicing deep breathing and encourage the class to practice a few times each day.

5.3 Check-in (30 minutes)

Invite participants to share about how they are doing in their process of becoming smoke-free, and address any questions that may come up.

Check In Questions:

1. How are you feeling right now in your maintenance phase?
2. What has been a challenge? What has been helping you most in maintain being smoke-free?



Emphasize to participants that if they have quit smoking, they are entering the “Maintenance Phase” of the quitting process which can be difficult for some. Stress the importance of “staying on course” and using the tools they have and following their plan in order to succeed.



Facilitator Note:



Most class participants will not know what the “Stages of Change” are, but showing a simple visual may help them feel good about where they are in the cycle of change, and how far they’ve come along in becoming smoke-free.

Some of the participants will still be elated that they have been able to be smoke-free for two weeks. On the other hand, some of them may be realizing that the process is a long one and they have just begun it. They may be struggling with the symptoms of recovery and with the day-to-day vigilance that remaining smoke-free requires. It will be necessary to emphasize that after the initial period of quitting, their smoking addiction may rear its ugly head and faced with the reality that “we are really going to do it this time” makes things difficult.

5.4 Your New Non-smoking Lifestyle (5 minutes)

Facilitator Script:

Someone once said that smokers live from the neck up. Now that you have given up smoking, it may be time to focus on other aspects of living a more healthy life -- a new non-smoking healthy life style. As with any change it is important to take it slowly and to make small lasting changes over time. Some of you will start out eating more fruits and veggies. Others may begin eating breakfast. A few will begin a walking program. We will give you lots of options. The point is “everything in moderation,” to try one or two things and not overwhelm yourself by taking on too much.

5.5 Get Healthy Make-Over: Healthy Eating and Exercise (30 minutes)

- Explain that healthy eating and exercise is key in becoming healthy
- Review “Get Healthy Make-Over” and explain that small changes over time is key
- Encourage participants to choose one thing from the list of suggestions (Ex. Eating breakfast or taking a multi-vitamin) then add more lifestyle changes

Group Question:

Because we don't have time to go over everything today, out of the choices in front of you - what is one new habit you want to add to your non-smoking life style?



- Ask participants what they want to try out or learn more about based on the handouts:
 - Smoking and weight gain
 - Healthy beverages and water
 - Healthy eating, and My Plate
 - Detoxing after quitting
- Review Simple Stretches and the Importance of Exercise.
- Stress the importance of starting out slowly if they haven't exercise in a while.

5.6 Healthy Snack Break (20 minutes)

- If you haven't already, pass out healthy snacks for them to try
- Ask participants what they think of the snacks
- Talk about the benefits of each, and brainstorm alternatives for favorite snacks. For example:
 - Want crunchy chips? – try vegetable chips, multi-grain pretzels, pistachios in the shell, sunflower seeds, or carrots and apples
 - Want a soda or a sweet drink? – try water or unsweetened iced tea with lemon, or other fruit. Unsweetened iced tea goes great with mashed peaches, or raspberries. Other options can be carbonated and lightly flavored water like “Crystal Geyser” or “La Croix”, or unsweetened hibiscus iced tea that has a naturally tangy flavor.



5.7 Getting Back on Track (15 minutes) – ALTERNATE

- Review “Getting Back On Track” hand out
- Ask participants to share what they could do this week to “get back on track” and write some suggestions on the flipchart or white board.



5.8 Next Class (5 minutes)

- Remind participants that next week is the last class, and they don't want to miss out!
- Next Class includes: Discussing Relapse Prevention and a fun exercise to help participants face situations that may tempt them to smoke, plus graduation celebration!