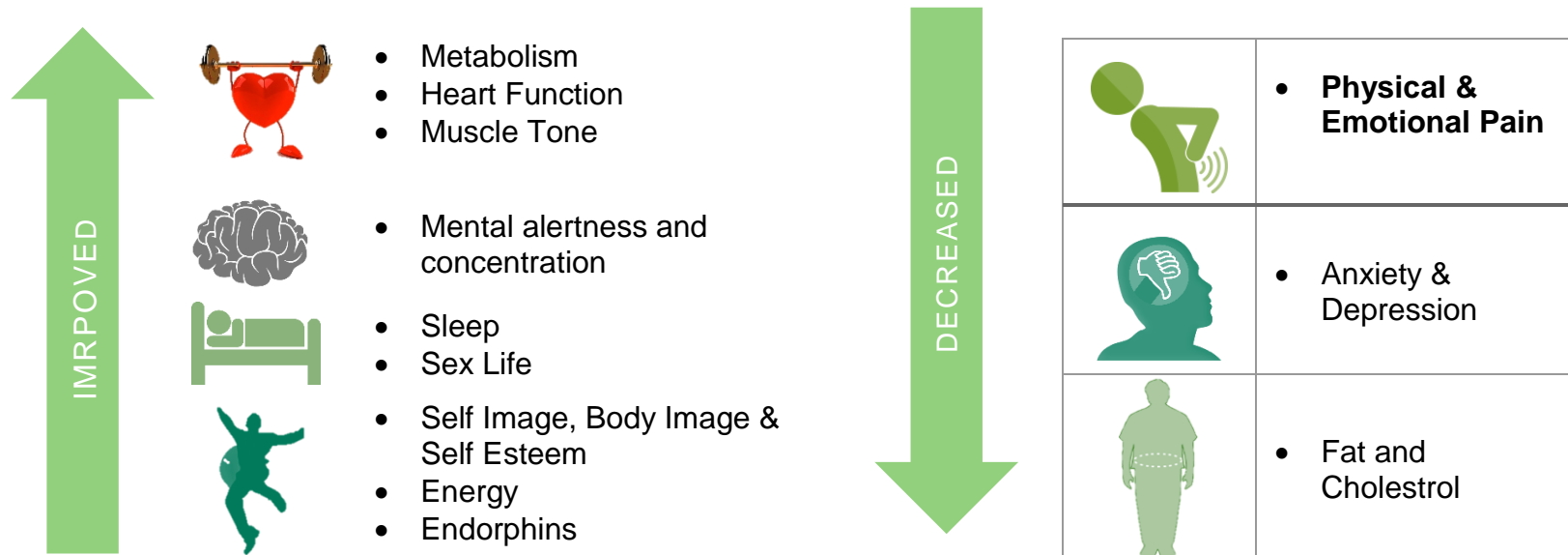


# The Many Benefits of Exercise

For people who are trying to quit smoking, exercising is one of the most powerful solutions to deal with the symptoms brought on by nicotine withdrawal.

## What are the Advantages of a Regular Exercise Program?



## How Much Exercise do I Need Each Week?

2 hours and 30 minutes of aerobic physical activity at a MODERATE LEVEL (ie. walking, yoga, gardening etc)

OR

1 hour and 15 minutes of aerobic physical activity at a VIGOROUS LEVEL (jogging, running, biking).

# But What If ...?

## Reasons why you may not exercise:

- I don't have time
- I'm not athletic
- It will make me tired and sweaty
- It reminds me of how out of shape I am
- It's hard
- I will ache
- It takes too long to notice the results
- I've got other things to do

## Try These Steps To Get Moving!

- Make a commitment to get started
- Decide on a Start Date
- Focus on the benefits
- Buy books or watch exercise videos for inspiration and knowledge
- Create a plan for exercising to help you begin
- Find an exercise buddy
- Do simple stretches

Where are some physical activity classes I can participate in San Francisco that are free or low cost?



**YMCA –San Francisco**

(415) 777-9622

<http://www.ymcasf.org/classes-schedule>



**SF Recreation and Parks**

(415) 831-2700

<http://sfrecpark.org/>



**Planet Fitness Gym (only \$10!)**

(415) 433-3033

<http://tinyurl.com/TFP5fitness>

# Tips to Help You Fall Asleep

When quitting smoking some people experience problems falling asleep. It is a good idea to get as much rest as you can as your body adjusts to being without cigarettes.

Here are some suggestions to help you get some zzzz's.

Get some **exercise** during the day. Start with 5-10 minutes and work up to 20-30 mins.



If you are is physically tired, you'll have an easier time falling asleep.

## Do some deep and steady breathing

Place your hand on your lower belly and breathe way down deep, sloooooow-ly.

## Keep regular hours



Try to go to sleep and wake up at the same time every day.

Create a relaxing evening routine. Try a cup of herbal or decaf tea.

## TURN OFF ALL ELECTRONICS

One (1) hour before bed, and take the time to relax and wind down.

Get a sleep machine, or phone apps.



Try rhythmic soothing nature sounds like the ocean surf or rainfall.

## Eliminate all sources of artificial light:

Clocks, cellphones, tablets, computers, nightlights...

Even the street light shining outside of your window can affect sleep

It can be hard to fall asleep when hungry. Eat a banana, drink a glass of warm milk, or try a small, warm sweet potato.



These foods boost serotonin which promotes sleep.

If you really can't sleep, and you have tried the above suggestions, **get up and do something and try to fall asleep a little later.**

**Avoid electronics, like your phone.** Try to read a book, browse a magazine, knit, solve a puzzle, or play solitaire with a deck of real cards.

Is something bothering you? Do you keep thinking about your To-Do's?



Keep a pad of paper and a pen by your bed, and **write it all down** until there's nothing more left to say.



# Stretching

# Exercises



**1. Neck Flexion/Extension Stretch**  
(forward, then back)



**2. Neck Lateral Flexion Stretch**  
(one side, then the other)



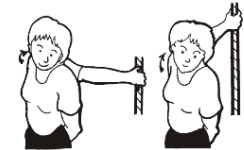
**3. Latissimus Dorsi and Posterior Deltoid Stretch**  
(link hands, push elbows together)



**4. Triceps Stretch**  
(pull elbow across and down)



**5. Shoulder Rotator Stretch**  
(using towel, pull up with the top arm then down with the other)



**6. Pectoral Stretch at 90° and 120°**  
(use a doorway or post)



**7. Bicep Stretch**  
(hands apart)



**8. Supraspinatus Stretch**  
(keep elbow parallel to ground)



**9. Wrist Extensor Stretch**  
(tilt head to opposite side, keep elbow straight)



**10. Thoracic Extension Stretch**  
(reach forward with arms, push chest towards floor, arch back down, backside behind knees)



**11. Lateral Flexion Stretch**  
(one side, then the other, push pelvis across as you bend)



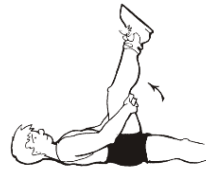
**12. Lumbar Extension and Abdominal Stretch**  
(be gentle if sore)



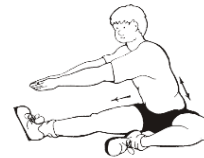
**13. Lumbar Flexion Stretch**  
(be gentle if sore)



**14. Lumbar Rotation Stretch**  
(rotate legs one side, then the other side, draw in and brace stomach muscles at the same time, breathe)



**15. Hamstring Stretch**  
(straighten leg)  
i. with foot pointed  
ii. with foot pulled back towards the knee



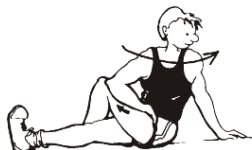
**16. Hamstring Stretch**  
(commence with knee slightly bent, then push knee straight as tension allows, push chest towards foot)



**17. Adductor Stretch**  
(push down with elbows on knees very gently, keep back straight)



**18. Gluteal Stretch**  
(pull knee and lower leg towards opposite shoulder)



**19. Gluteal and Lumbar Rotation Stretch**



**20. Quadriceps Stretch**  
(keep pelvis on floor)



**21. Quadriceps Stretch**



**22. Adductor Stretch**  
(keep foot pointing forward, lunge sideways on bent knee, keep back straight)



**23. Hip Flexor Stretch**  
(keep back straight, tuck bottom under, lunge forward on front leg)



**24. Tensor Fascia Stretch**  
(continue to push bottom forward, whilst pushing hip to the side)



**25. Gastrocnemius Stretch**  
(keep knee straight and heel down, feet facing forward)