

# Tobacco Free Living – Q&A

- **Q: In addition to MyActiveHealth’s digital coaching section, what other online tools or websites do you think could be helpful as I try to quit tobacco?**
- A: I like smokefree.gov. There’s a bunch of great content, resources, and tools available to you on there. The site can help you come up with a personalized quit plan. On there, there’s also a texting program, an app, information on nicotine replacement therapy, information on medications, and a bunch of great info on how to hurdle a big variety of challenges/temptations.
  
- **Q: I’m concerned about gaining weight when I quit tobacco. What do you recommend?**
- A: I recommend that as you prepare to quit tobacco that you also prepare a nutrition and physical activity plan. Think about what form(s) of physical activity you might enjoy and how often you can commit to doing them. Also think about mapping out a week of meals, drinks, and snacks and creating your own personalized healthy meal plan to follow when you are quitting tobacco. Every week, make a few edits to your personalized meal plan to keep it fun and interesting.
  
- **Q: How long does nicotine withdrawal usually last?**
- A: For most people, the worst symptoms of withdrawal last a few days to a few weeks. Be extra mindful of the things that could trigger the urge to smoke during this time. Have a distraction or plan ready for when a craving hits.
  
- **Q. What is in an E-cigarette?**
- A: Its hard to know for sure since its not regulated. Some have nicotine and others do not. Also, the concentration of harmful chemicals is often unknown.