



Wellness Tips To
Better Your Life

InFlight

Wellness Weekly

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Healthy Weight & Nutritional Fitness | Physical Activity | Tobacco Free Living | Sleep Optimization

YOU ARE
GREATER



THAN THE
ADDICTION

It used to be that every movie, TV show, magazine or newspaper had a smoking ad. During the 80's and 90's, several companies began tobacco campaigns that targeted the youth with iconic and stylish looking cartoon characters to increase the "coolness" of smoking. In the 70's up through the 90's, people could buy cigarettes and smoke almost anywhere to include inside most hospitals. Today, although you may see people using tobacco on screen and in some magazine advertisements, most teens and adults don't use tobacco or tobacco products as they are restricted or banned from many public spaces.

Most people know that smoking greatly increases the risk of cancer, emphysema, and heart disease, yet 88% (9 out of 10 tobacco users) of current adult daily smokers smoked their first cigarette before turning 18. Approximately 18% of high school students smoke cigarettes. Nearly 10% use smokeless tobacco, and young people who use smokeless tobacco are more likely to become cigarette smokers as adults.²

Why Start At All?

People start smoking for a variety of different reasons. Some think it looks cool. Others start because their family members or friends smoke. Most adults who started smoking in their teens never expected to become addicted. That's why people say it's just so much easier to not start smoking at all. By helping teens and young adults avoid using tobacco, we will help them live longer and healthier lives and help make the next generation tobacco free. If you are a teen or young adult and just entering into service or on your own for the first time, you don't have to go on this journey alone.

Why Is It So Hard To Quit?

Many ex-smokers say quitting was the hardest thing they have ever done. It can take a smoker multiple quit attempts before they are successful. Because cigarettes contain nicotine, a highly addictive substance found naturally in tobacco, it's hard to tackle the physical addiction it holds over you. Shortly after you finish smoking a cigarette, your body starts to show signs of withdrawal. You start to crave another cigarette to overcome these symptoms, starting a vicious cycle of dependency.¹

Consider This

It may seem challenging to find new ways to handle your stress. Do you grab a cigarette when you feel stressed or anxious? Stress, whether it's from your job, relationships, caregiving burdens or just plain fast-paced living, can cause you to look for fast and easy relief.

7 out of 10 smokers reported in 2015 they wanted to quit completely



Still not convinced that quitting or not starting is the way to go? Here are a few reasons to quit or not start.

- Smoking causes bad smelling clothes and hair
- Smoking and chewing tobacco can reduce physical performance
- People who smoke have a greater risk of injuring themselves and have slower healing times

Before you smoke that next cigarette, cigar, or e-Cig, ask yourself these questions.

Does Smoking:

- Provide you a way to hang out with a group?
- Distract you when you feel lonely?
- Help you control your weight?
- Give you something to do with your hands or have a fidgeting habit?
- Serve as a companion to coffee or alcohol?

If you answered yes to any of the above, here are some alternatives:

- Rethink your social breaks. If you smoke with friends or co-workers to be social, let them know you are trying to quit. Change your break schedule if needed and socialize with non-smokers.
- Keep busy. Go for a walk or pick up a hobby.
- Instead of using meal times to smoke, use after meal times to do some form of physical activity like going for a walk to lose weight. Quitting smoking will also bring your taste buds back to life.
- If you drink coffee to get your day started, change something about the way you drink it like getting a new mug or coffee cup.

Don't forget, help is also only a call or text away. The FreedomQuitline and BeTobaccoFree.gov have 24/7 call and chat service to help you down the road to quitting. Quit now. Quit For Good.

<https://www.FreedomQuitline.org> (1-844-426-3733)
<https://smokefree.gov/smokefreetxt/>



References:

1. American Heart Association; Why Is It So Hard To Quit
2. American Cancer Society; Why People Start Smoking and Why It's So Hard To Stop
3. HHS Be Tobacco Free.gov; Don't Start



See calendar on other side to see what's going on this week



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A Personal Message From Your Health Promotion Health Myth Busting Team



Dear Health Myth Busters,

When I joined the Air Force they made me quit using tobacco during basic training. I was even able to stay quit during tech training. Now that I am at my permanent duty station, I see others smoking around the base and have lately been thinking about joining them. I am proud of myself for quitting, but if I did it once, I can do it again, right?

Sincerely,
Proud Quitter

Dear Proud Quitter

First of all, congratulations on quitting. The nicotine in tobacco is one of the most addictive substances known to man. Tobacco addiction (like all drug addictions) involves the combination of nicotine effects on the brain, habits, genetic makeup, and social factors. This is why it is often difficult to stay quit. Many tobacco users quit numerous times before finally quitting for good.

When you get that urge to start up again, stop, think, and reason it out. Think of all your reasons to stay quit. What's most important to you? Don't be afraid to ask for help and get the support you need. Remember, you're not in this alone. Ask your family and friends (especially the non-smokers) to help you out on your journey to becoming smoke free and nicotine addiction free. No nagging; just reminders about benefits of remaining a quitter.

Take a break. Find ways to unwind or deal with stress such as music, getting a massage or maybe picking up a new hobby. When out with friends and family socializing, avoid alcohol, caffeine, and other triggers that may make it harder for you to stick to your goal. Try to stay away from things that you did while using tobacco.

Keep ashtrays and lighters out of the house or out of reach. Clean your clothes or anything else (rugs, car) that may smell like smoke. Most of all, get physical! Walk, jog, or walk the dog. Don't have a dog or pet? Volunteer to walk your neighbors or other families' pets. Reward yourself. How much will you save by staying quit? Spend part of it on something fun. Finally, if you relapse, get back up and try again. Set a new quit date and prepare for it. In the words of one former smoker to another, "Every single scrap and speck of withdrawal, depression, psychological upheaval, and stress I had to undergo in the quit is worth it... I can run two miles now without hardly breaking a sweat, and gasping for air is a thing of the past." Hang in there!

Sincerely,
Health Myth Busters

Got questions on other health issues related to sleep health, physical activity, tobacco, or nutrition? Share them with us and we will help you "Bust The Myths!" Send your questions to usaf.jbsa.afmoa.mbx.hpo@mail.mil. Make sure to include in the subject line "Health Myth Buster." For more online health tips visit the Air Force Healthy Living webpage <http://www.airforcemedicine.af.mil/HealthyLiving/>



**HERES WHATS GOING ON
WHERE YOU LIVE**

Your Local Health
Promotion Office



**Contact: Peterson AFB Health Promotion Clinic
Phone: (719) 556 - 4292**

Monday	Tuesday	Wednesday	Thursday	Friday
23 April	24 April	25 April	26 April	27 April
Bod Pods 1530-1615	Bod Pods 0630-0715 GLB Support 1200-1300	GLB 1115-1215 Diabetes Class 1300-1530 Bod Pods 1530-1615	Bod Pods 0630-0715 GLB 1100-1200	GLB 0930-1030 Bod Pods 1530-1615 Military Child Cooking Class 1700-1800