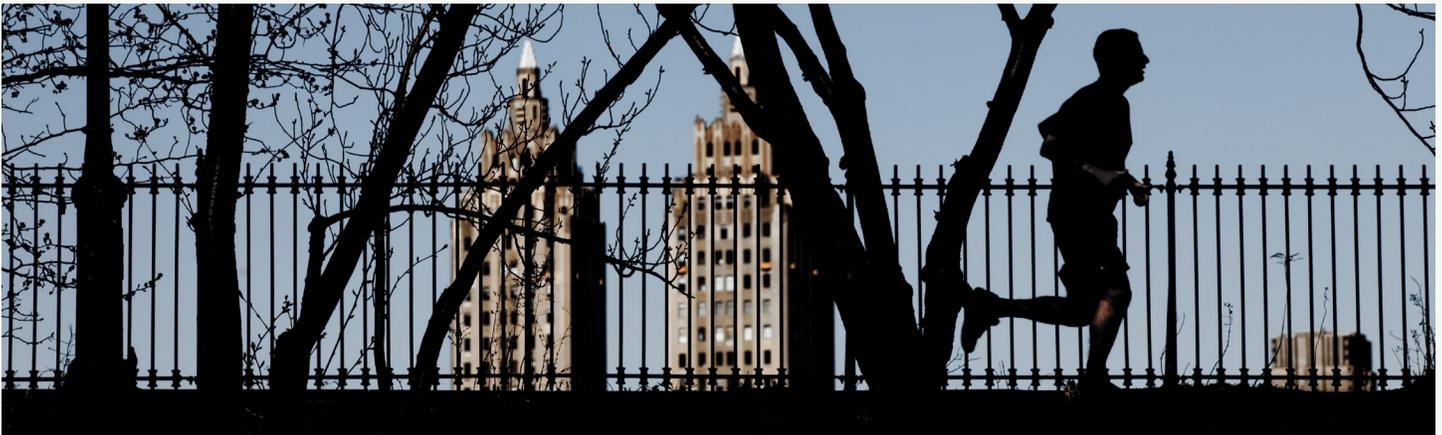


# NYC Quits!

Exercise is a great alternative to smoking.



#### Exercise can help you:

- Keep your mind off smoking
- Improve your self-esteem & mood
- Improve your health
- Control your weight
- Reduce your stress
- Slow down the aging process
- Improve your endurance & energy
- Help you relax

#### Exercise includes:

- Walking briskly
- Swimming
- Dancing
- Hiking
- Jumping rope
- Biking
- Jogging
- Climbing stairs
- Spinning or Zumba class
- Weight training

#### Here are some tips for making exercise part of your daily routine:

- Start out slowly, especially if this is new to you. Even walking 10 minutes a day can make a difference. Work up to 30 minutes of physical activity, at least 5 days a week.
- Set realistic and achievable fitness goals. You don't have to get all your exercise at once. It's okay to break it up into 10- or 15-minute segments.
- Exercise with a friend or family member.
- Take advantage of everyday activities, such

as walking or biking to work or to run errands, and taking the stairs instead of the elevator.

- Join [BeFitNYC](#) to search for fitness programs in NYC.
- Track your progress (e.g.: [Livestrong.com](#))

