

Get Fit Now

## Give Up Smoking Without Gaining Weight

by *Emily Listfield*

published: 05/30/2010



According to the [American Cancer Society](#), half of all Americans who smoke will die of tobacco-related causes such as lung cancer or emphysema. For some smokers, however, there's another, more immediate fear.

### [The Best Ways to Break Your Worst Health Habits](#)

Nicotine suppresses the appetite and helps boost the metabolism, so many smokers worry they'll gain weight if they quit. "People feel caught between a rock and a hard place," says Dr. Bonnie

Spring of the Northwestern University Feinberg School of Medicine. "They care about both their appearance and their health."

Fortunately, they don't have to choose one or the other. In fact, controlling your weight may actually help you drop your nicotine habit. A recent Northwestern study showed that women who joined a weight-loss support group were not only less likely to gain weight; they were also up to 29% more successful in quitting smoking.

### [The Dangers of Pipes and Cigars](#)

Dr. Spring hopes her study will change the standard advice: "Until now, most doctors have warned against trying to control two behaviors at once. Our results show that trying to manage weight gain does not undermine smoking cessation but rather enhances it."