

- List some do's and don'ts regarding a healthy diet.
- Teach consumers that quitting smoking is healthier than gaining a small amount of weight.

After reading this section, individuals will be able to:

- List some foods that are healthy to eat.
- Know some guidelines to follow for a healthy diet.
- List some options to limit weight gain.

Suggested Approach:

- Have consumers list their favorite foods and then try to come up with healthy alternatives for those foods:
 - ✓ popcorn for potato chips
 - ✓ pretzels for potato chips
 - ✓ diet soda for regular soda
 - ✓ slice of pizza for fast food
 - ✓ low-fat yogurt for ice cream
- Discuss why severe or “crash dieting” is not a good idea soon after a stop smoking quit attempt.
- Have consumers discuss concerns about weight gain that may be stopping them from trying to quit smoking.

Chapter 15:

Why should I quit smoking?

(Consumer's Handouts Section 5: Chapter 15)

Objectives for this Chapter:

- To review the short and long term benefits of quitting smoking.
- To build motivation towards thinking about joining the next quit smoking group.

After reading this section, individuals will be able to:

- To review the negative consequences of smoking that were learned in earlier chapters.
- To begin to look at their decision to smoke and recognize:
 - What they like about smoking.
 - What they don't like about smoking.
 - What their fears are about quitting.
 - What would be good if they quit smoking.

Suggested Approach:

- Encourage group members to discuss both pros and cons of continuing to smoke
- Discuss how making a decisional balance can help someone to make a decision by looking objectively at two sides of an issue.
- Using the decisional balance exercise is a component of a motivational intervention.

Chapter 16:**What if I'm not ready to quit?****(Consumer's Handouts Section 5: Chapter 16)****Objectives for this Chapter:**

- To recognize that everyone is not ready to quit smoking at the same time.
- To encourage those smokers who are not ready to quit smoking to continue to learn about their smoking by remaining in this educational group.

After reading this section, individuals will be able to:

- To understand that even if smokers are not ready to quit smoking at this time, that they can benefit from learning more about the effects of their smoking on their health and may want to consider quitting in the future.
- Talk about their own concerns/ambivalence about quitting.

Suggested Approach:

- Encourage group members to discuss any ambivalence they may have about quitting smoking and what might help them make the decision to quit in the future.
- Encourage smokers who do not want to quit to stay in the group. Group members who are more motivated towards quitting may be able to share their ideas with lower motivated members.
- Help the group identify positive steps they can take in their treatment even if they are not ready to quit smoking.

Chapter 17:**Is it really possible for me to quit smoking?****(Consumer's Handouts Section 5: Chapter 17)****Objectives for this Chapter:**

- To encourage smokers to develop new, alternate coping skills.