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# TAKE 5! CONNECTING WITH YOUNG WOMEN ABOUT TOBACCO AND PHYSICAL ACTIVITY AND SPORT

**Active & Free**  
*Young women, physical activity  
and tobacco*



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# TAKE 5! CONNECTING WITH YOUNG WOMEN ABOUT TOBACCO AND PHYSICAL ACTIVITY AND SPORT

Take five minutes and jumpstart a conversation with young women about their attitudes toward tobacco use and physical activity. This template can be used to help young women make the connection between optimal health through physical activity, sport, and a tobacco-free life. The conversation can focus on tobacco use, prevention, or smoking cessation, and can take place on an individual level or group basis.

The following five questions aim to provoke and maintain dialogue with young women so that they themselves can assess how tobacco use and physical activity fit with their values and life plan. By encouraging open conversation and critical thinking, a young woman can reach her own conclusions about how tobacco use fits, or does not, within her life plan, and how physical activity can help her achieve her goals.

## 1. What are some of the things that you really want to do or achieve in your life?

Answer can be related to physical activity, social/family life, school success, community involvement, travel, etc.



## 2. Do you have specific goals or ideas in mind?

Acknowledge her goals and stress their importance.



## 3. What kind of challenges or limits could keep you from reaching your goals?



## Prevention

### 4. Do you believe tobacco use can keep you from reaching your goals?

#### Do you know that:

- More than 75% of young women do not use tobacco? You're not alone.
- Most adolescents who smoke think about quitting? So why start?
- Many former drug addicts say quitting smoking is as hard as quitting heroin or cocaine?
- Smoking is expensive? A week of buying a pack of cigarettes per day is like buying three CDs, two DVDs, or a concert ticket!
- Smoking makes your clothes and hair stink?
- The younger a person is when they start smoking, the tougher it is for them to quit?

#### Do you think physical activity can help you achieve your goals? Do you know that physical activity allows you to:

- Cope with stress?
- Perform better in school?
- Have fun with family and friends?
- Sleep better?
- Feel better and have more energy?
- Build strength and endurance?
- Develop healthy habits?
- Learn skills to cope with life? Examples are:
  - Effective communications, problem solving and interpersonal skills
  - Self-expression and decision-making skills
  - Coping skills to deal with anger and stress
  - Relaxation and balance
  - Self-esteem
  - Confidence

## Cessation

### 4. Does tobacco use fit with your life plan?

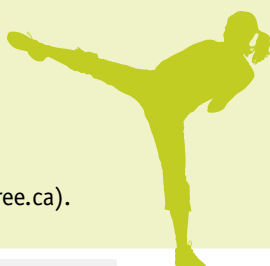
#### How does smoking affect your goals?

- Is smoking an ally? Does it align with your beliefs and attitudes?
- How long have you smoked? Have you tried to quit before?
- Can you find someone who can help you out and support you?
- Figure out when and why you are smoking (e.g., with friends, at parties, when under stress, etc.). Watch for cravings, identify them, and find something else to do when they hit.
- It takes some people a few tries to achieve success! Don't worry. Quitting is tough and takes lots of energy, but you can do it.
- Remember why you wanted to quit, and keep your life plan in mind.
- Stay busy and avoid boredom.
- Pause before lighting up, and ask yourself, "Do I really need this one?" Break the unconscious habit.
- Practice quitting: put off smoking that "could-do-without" cigarette, or smoke only half of your cigarette.
- Think of all the money you will be saving!
- If you quit you will go through some withdrawal, but it usually only lasts for a couple of weeks. In the meantime, physical activity can really help with nicotine withdrawal, so make it part of your daily routine. When cravings hit:
  - Take a brisk walk.
  - Take the stairs.
  - Get on your bike.
  - Jump on your skateboard.
  - Play outside with a younger brother or sister.
  - Get moving!



### 5. What support can you tap into to help you reach your objectives?

- Suggest a visit to websites [www.smoke-fx.com](http://www.smoke-fx.com) and [www.stupid.ca](http://www.stupid.ca).
- Suggest reliable health information websites such as **Cyberisle** ([www.cyberisle.org](http://www.cyberisle.org)), the **Canadian Health Network** ([www.canadian-health-network.ca](http://www.canadian-health-network.ca)) and **Health Canada** ([www.gosmokefree.ca](http://www.gosmokefree.ca)).



### 5. What support can you tap into to help you quit smoking?

- Tell your friends and family, even your doctor: just get support.
- I know you recognize that smoking is bad for you. Go to the **Quit 4 Life** website ([www.quit4life.ca](http://www.quit4life.ca)) for easy, practical advice.
- Physical activity can curb withdrawal symptoms and give you something else to do that is positive and rewarding.

For more helpful tips and tailored messages, or to learn more on how physical activity can be a viable alternative to tobacco use, please refer to the **Active & Free** booklet.