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## Smokers!?!?!?

Posted by macedo84 - 2009/10/12 04:32

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Hey everyone

We have a few guys training with us and are battling to stop smoking any good methods to get there bad habit gone. They have tried everything, but cant seem to lose the habbit, how do they train well they smoke, not sure because it makes you really unhealthy.

Thanks

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## Re:Smokers!?!?!?

Posted by Tabwyo - 2009/10/12 18:08

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I quit smoking in 98. I did 20 pushups every time I got the urge to smoke. The little pump you get from the exercise helps knock the edge off of the craving. And theside effect of bigger arms and chest.

They'll have to associate new habits with their smoking trigers as well. Personally I don't like nicotine replacements like the patch or gum because you are still getting the drug. And they'll have to ask their smoking friends to respect their choice to quit and not hound them or constantly ask them if they want to go for a smoke.

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## Re:Smokers!?!?!?

Posted by Richard - 2009/10/12 21:45

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Great advice, Tabwyo. Also, I'd just like to point out that I certainly appreciate everyone using this board for what it was designed to do. I would have never imagined that people would be posting advice to quit smoking on the message forum- this is great! Glad to see people getting more and more use out of it!

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## Re:Smokers!?!?!?

Posted by Shuckyd998 - 2009/10/17 20:33

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Most people have to want to quit. Been there done that. A few friends used a Rx called Chantex. Its the lastest greatest thing out there now

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## Re:Smokers!?!?!?

Posted by moored26 - 2009/10/18 09:18

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I have never smoked(cigarettes ;) ) and don't plan to but I would imagine that if I were in the position of being addicted to something, I would have to believe I could beat it and if I felt I needed the help from some other method like the chewing gum or patches then I would feel it had too much of a hold over me and would need to take a step back and see that it was infact me with the power, like they said, you need to really want it, and for me if I felt I needed help from these things then I would have to question how much I wanted to quit.

Just my inexperienced analysis of a situation I've never been in :)

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## Re:Smokers!?!?!?

Posted by Tabwyo - 2009/10/18 11:37

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It was hard for me because it's a moderatley convenient, and still legal, addiction. The only other vice easier and more

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acceptable is food. I had help by way of the Navy making one of the ships I deployed on a non-smoking vessel for 4 months. It was easy to kick it because smoking wasn't an option.

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## Re:Smokers!?!?!?

Posted by captaincrag - 2010/01/14 12:03

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there is no real secret it's just will power... i have recently kicked the habit my selfand found that simply keeping busy is the best thing to do... avoid being bored and keep active. also don't use tobacco supplements like patches or gum as the cravings will only take longer to go away. also what has helped me is a saving fund (a tin with a hole in it) put all the money that would've been spent on cigarettes in there, it helps alot to see how much you save. seriously though the main thing is staying strong and realising the cravings will go away after a little while.

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## Re:Smokers!?!?!?

Posted by E.Hartley3 - 2010/01/14 14:28

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i quit smoking 4 years ago when i found something i loved more than smoking...MMA. i knew that if i wanted to have any cardio whatsoever i had to quit. I am going to disagree with the whole "don't use nicotine supplements" simply because they worked for me. I have tried them all, and i will say the only one i don't recommend is the patch. i say this because when you have a craving, it really helps to be able to put something in your mouth (ie gum or lozenge) to cure it. wearing the patch all day long, there is no physical act to subduing the craving. (i smoked 1.5 packs a day for 7 years, no way i would have had the will power to go cold turkey!)

Good luck to whoever is trying, it was probably the hardest thing ive had to do in my life...

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