

## Find more support to help you quit.

### National Institutes of Health

1-800-QUIT NOW (1-800-784-8669)

<http://smokefree.gov/>

### American Lung Association

1-800-LUNG-USA

[www.lung.org/stop-smoking/](http://www.lung.org/stop-smoking/)

### American Cancer Society

[www.cancer.org/healthy/stayawayfromtobacco/guidetoquittingsmoking/](http://www.cancer.org/healthy/stayawayfromtobacco/guidetoquittingsmoking/)



TAKING CHARGE TO

# Quit Smoking



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	<b>Round</b> <b>2</b>	<b>Team</b> Creative: renae Production: csunde Proj Mgr: Mary Mkt Mgr: Kristin Mkt Strat: Kate Job: CST4611 NM14 TCO Quit smoking brochure	<b>Project Details</b> Color(s): CMYK File Name: CST4611_NM14_TCO_Diabetes_Brochure.indd	<b>Dimensions</b> Flat: 17x11" @100% Fold: 8.5x11" Software: InDesign CS6	<b>Team</b> CMO: _____ Creative Director: _____ Designer: _____ Copywriter: _____	Mkt Strat: _____ Mkt Mgr: _____ Brandguidelines: _____ Compliance: _____ Andrew: _____
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# Steps to help you quit.

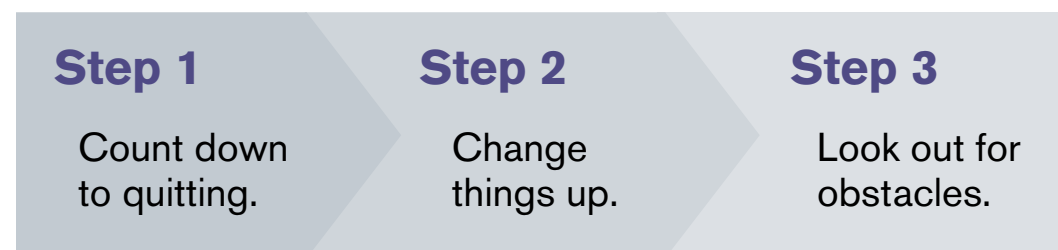
## You're in charge of quitting.

Quitting smoking isn't easy. But, it's worth it. Your body will thank you. Your wallet will thank you. Make today the day you quit, and:

- **Be healthier.** Smoking affects almost every part of your body, in a bad way.
- **Live longer.** Quitting lowers your chances of getting cancer, heart disease or lung illnesses.
- **Breathe easier.** You'll notice how much better you feel, right away.
- **Save money.** If you smoke a pack a day, you could save thousands. For example, an average pack costs more than five dollars.\* Keeping that money in your pocket every day for a year adds up. To more than \$2,000!

## Set yourself up for success.

These three steps can help you kick the habit for good:



\*Source: American Lung Association, www.lung.org

### 1 Count down to quitting.

- Set a quit date.
- Talk to your primary doctor to get advice. Ask about medicines that can help you quit.
- Get rid of all cigarettes and ashtrays in your home, car and work.
- Tell friends, family and co-workers that you're planning to quit. Ask them not to smoke around you.



### 2 Change things up.

- Find something else to do when you start to think about smoking. Talk to someone, go for a walk or stay busy.
- Change your routine to avoid things and places that remind you of smoking.
- Avoid being around people who smoke.

### 3 Look out for obstacles.

- Try not to stress. Exercising, reading or taking a bath may help.
- Avoid drinking alcohol. It can make quitting harder.
- Expect to gain some weight.
- If you start to feel sad or depressed, talk to your primary doctor.
- Don't give up. It can take many tries before you can quit for good.

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