

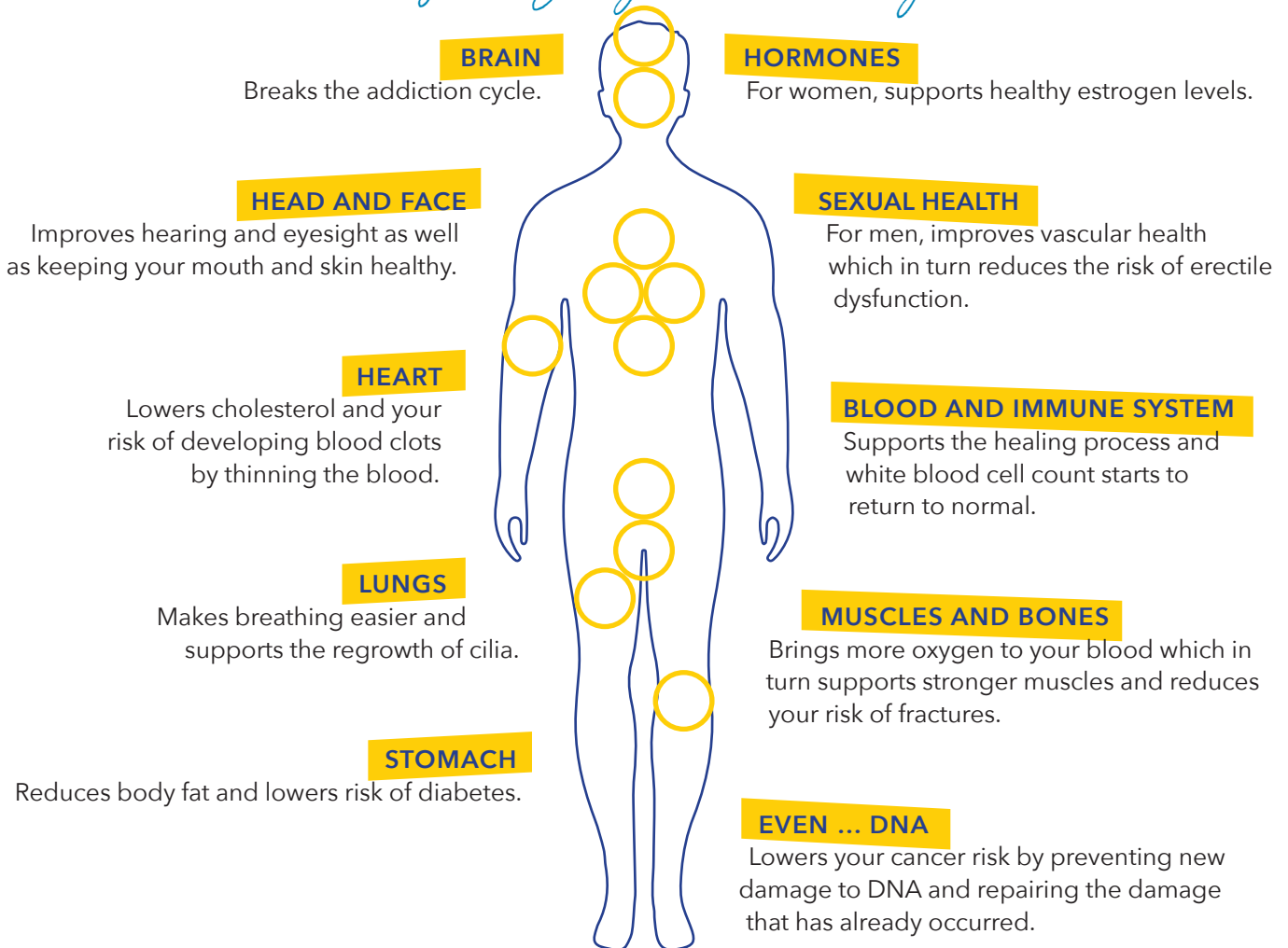
Get Healthy Stay Healthy

IT'S TIME TO QUIT

Tobacco use is dangerous to your health, no matter how you partake. Using cigarettes, e-cigarettes, and other tobacco products are the most preventative causes of death in the U.S. – they contain many toxic chemicals, as do their smoke, vapor, and liquids.¹

MAKE A PLAN TO QUIT – you're more likely to quit, with fewer setbacks, if you create a plan that fits your lifestyle.¹

Quitting Benefits Your Whole Body²



Make A Plan¹

- **SET A DATE** to quit within the next seven days.
- **CHOOSE A METHOD** of quitting that suits you: immediately or gradually.
- **DECIDE IF YOU NEED HELP** from your healthcare provider.
- **PREPARE;** plan on how you're going to deal with cravings.
- **QUIT** when you say you're going to quit.

Change Up Habits³

Studies show that environmental cues have a large effect on our behavior. To be successful in quitting, pay attention to where you usually smoke and avoid those places once you've decided to quit. Choose somewhere else to go, like the gym or ask a friend or coworker to go on a walk with you instead of your usual smoke break. A change of scenery will give you a better chance at developing new habits and behaviors.

Manage Cravings¹

- **SEEK OUT SUPPORT.**
- **REMEMBER YOUR WHY.**
- **STAY BUSY;** distract yourself with a good deed.
- **GO TO SMOKE-FREE ZONES** when out in public.
- **TRY NICOTINE REPLACEMENT THERAPY.**

Sources:

- ¹ Life's Simple 7 Quit Smoking Infographic. www.heart.org, www.heart.org/en/healthy-living/healthy-lifestyle/my-life-check-lifes-simple-7/l7-quit-smoking-infographic.
- ² Benefits of Quitting. www.smokefree.gov, smokefree.gov/quit-smoking/why-you-should-quit/benefits-of-quitting.
- ³ Build Healthy Habits: Replace Smoking With Healthier Activities. <https://www.healthline.com/health/build-healthy-habits-replace-smoking-healthier-activities>