

QUIT

Now is the time to quit smoking.



The new research in this report shows the scientific reasons to quit smoking. *But people who quit do it for their own personal reasons.*

What are yours?

- I want more years with my family and friends.
- I want to be around to share birthdays with my kids.
- I want fewer sick days and lost wages.
- I want to be at my daughter's wedding.
- I want to know my grandkids.
- I want more energy.
- I want to breathe easier.
- I want to enjoy the smell and taste of food.
- I want to be a better role model.
- My pet needs me.
- I am tired of standing outside in the cold.
- I want to spend my money on something besides cigarettes.
- I want to live to enjoy retirement.

When you are ready, here are some ways to begin.

- Talk to your doctor. Consider nicotine replacement therapy or medication.
- Find a support program. Social support helps when you are trying to quit.
- Focus on eating right and being active.
- Don't get discouraged. Quitting often takes several tries before you succeed.

... what it means to YOU

Now is the time to quit smoking. No one can make you quit, and no one can do it for you. Even if you have smoked for many years, you CAN quit.

For more information, go to

www.smokefree.gov

or call 1-800-QUIT-NOW.