

WHY QUIT?

7 Great Reasons to Quit Smoking Today!

1. You Can Do It!

- ★ Pick a quit day and stick to it
- ★ Talk to a health care provider or a tobacco cessation specialist about the different methods of quitting
- ★ It's never too late to quit



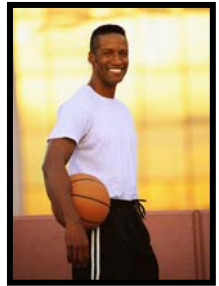
2. You'll Look and Feel Healthier

- ★ Your teeth will be whiter
- ★ You won't get premature wrinkles



3. You'll Have More Energy

- ★ Sports and other physical activity will be more fun when your lungs become healthier



4. You'll Be Free From Nicotine Addiction

- ★ You will be in control of your body, not the Nicotine
- ★ You won't have to deal with the constant cravings



5. You'll Have More Money in Your Pocket

- ★ Smoking is expensive. On average if you smoke a pack a day it can cost you up to \$1,000 a year



6. You Won't Hurt Others With Your Secondhand Smoke

- ★ Smoking affects other who are around you such as family, friends, children and even strangers
- ★ You don't want to be doing something that hurts other people



7. Your Future Will Be Healthier

- ★ As soon as you quit your body begins to recover, in as little as 5 years your lung cancer death rate will drop to 50%