

Just Kick it



Tobacco smoke contains a deadly mix of more than 7,000 chemicals; hundreds are harmful, and about 70 can cause cancer.

The benefits of quitting start within 20 minutes. **Don't wait.**

A few tips to kick smoking to the curb:

- List the benefits and reasons for quitting. Visit the list often.
- Get help from others. Ask for encouragement and support in the process; it will increase your success rate.
- Stay busy. Keep your mind and body moving with a new hobby while quitting tobacco: knitting, woodworking, etc.

Quitting tobacco is a day-by-day effort. Work on avoiding tobacco today; forever will take care of itself.

Source: www.cdc.gov