

MY QUIT SMOKING PLAN

QUITTING SMOKING IS THE **SINGLE MOST IMPORTANT THING YOU CAN DO FOR YOUR HEALTH!**

It will greatly reduce your risk of stroke.

SMOKING CAN:



Reduce the amount of oxygen in your blood



Make your heart work harder



Increase your risk of blood clots



Lead to buildup in your arteries

ITS NEVER TOO LATE TO QUIT SMOKING

HERE ARE SOME TIPS TO GET STARTED



Pick a quit date in the next 30 days. Cut down the number of cigarettes you smoke today.



Make your home and car **smoke free zones**.



Discuss quit smoking medications with your doctor to see which is right for you.



Explore community resources to help support you with quitting smoking and help to keep you smoke-free.



Think about times when you feel tempted to smoke. **Come up with a plan of what you will do instead.**

For example: I may feel tempted to smoke on breaks at work therefore I will take a walk on breaks instead.

SITUATION	MY PLAN