

Kick the Habit, for Good!

Great things happen in your body when you stop smoking. Organs and bodily systems that have been under siege begin to return to health. Measurable improvements in circulation and lung function can be seen in as little as two weeks. A year later, smoking-related risk of heart disease has been reduced by half, and in five years, so has the risk of tobacco-related cancers. So, what are you waiting for?

#1 Make a plan to quit.

Try going tobacco-free for 24 hours and see how you feel. Plan a day full of activities that don't trigger a cigarette craving.

#2 Set goals based on actions rather than outcomes.

Setting concrete goals, such as walking for 30 minutes a day, are more effective over the long-term than simply saying you need to walk more.

#3 Improve your mood.

Because negative moods can intensify cravings, a smoking cessation program that incorporates stress management techniques may boost your efforts to quit. Ask your doctor about programs in your community.

#4 Pump iron.

Research has found that two one-hour sessions of strength training a week boosted success rates for smokers trying to quit.

#5 Consider your career.

In order to reduce health care costs and encourage healthy behaviors, many employers are adopting nicotine-free policies.

#6 Think about your future.

Practice heart-healthy habits now to protect against dementia and brain aging later.

#7 Go for a bike ride.

Even a quick burst of exercise, like a 15-minute walk or bike ride, can help reduce cigarette cravings in people who are trying to quit.

#8 Get free phone counseling

Call 1-800-QUIT-NOW (1-800-784-8669) to get one-on-one support, including a personalized quit plan and self-help materials, coping strategies to help you deal with cravings, and the latest information about cessation medications.



Powered by:



Cleveland Clinic
Wellness



Arthur J. Gallagher & Co.

This poster is provided for general informational purposes only and should not be considered as medical advice, diagnosis or treatment recommendations.