

QUIT TODAY, ENJOY TOMORROW

Tips to Quit Your Tobacco Addiction

TRY ONE TIP FOR QUITTING:

- Talk to your doctor or pharmacist about quit options.
- Set a quit date to give you time to prepare to quit smoking.
- Drink more water to help stay hydrated and cleanse your body.
- Tell your family, friends or coworkers so they can help support you.



TRY ANOTHER TIP FOR QUITTING:

- Anticipate and plan for the challenges that come with quitting.
- Remove cigarettes and other tobacco from your home, work and car.
- Try exercising to help you detox and resist the urge to smoke.
- Try eating right to replace nutrients.



For more great tips visit www.healthycommunityalliance.org