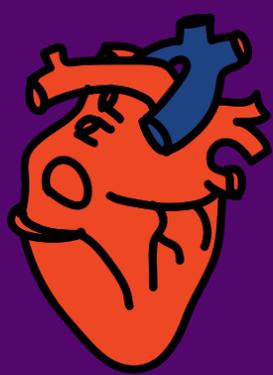


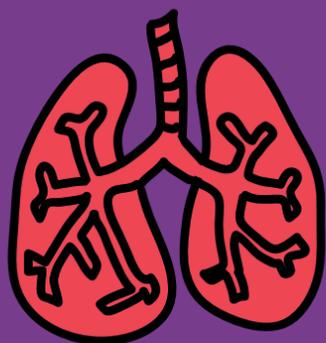
THE BENEFITS OF QUITTING

& resources to help you quit today



BENEFITS YOUR HEART

Smoking increases your chances of getting coronary heart disease, angina, or suffering from a heart attack due to plaque buildup in the arteries. If you quit smoking for just a year, your risk of heart disease and having a heart attack is cut in half.



REDUCES CHANCE OF LUNG CANCER

The chances of getting lung cancer when you smoke is extremely high. A person who smokes regularly is 20 times more likely to die from lung cancer than someone who does not smoke.



YOU WILL SAVE MONEY

Cigarettes and smoking accessories can put a big dent in one's budget. By quitting smoking you not only will save money from not purchasing those items, but you will save more on household items and electronics that cigarette smoke damages.



YOU WILL LIVE LONGER

When you smoke there is a greater chance of developing diseases or dying at a younger age. No matter when you quit it will greatly benefit your health and lifespan. Someone who quits at 30 could add 10 years back to their life.



YOU WILL BREATHE EASIER

Just days after you quit smoking you can notice that it is easier to breathe, especially when exercising. You will be able to get back into old habits and activities that smoking prohibited you to do.

STEPS TO QUIT SMOKING

& extra tips, tricks, and support



www.wcupa.edu/wellness
wellness@wcupa.edu
610-436-0730

 WCUWellness

 WCUWellnessPromotion

 WCU Wellness Promotion

 WCU_Wellness



STEP 1: PREPARE

- Pick a date
- Think about the benefits of quitting
- Focus on why you want to quit
- Get rid of the temptations around you



STEP 2: SUPPORT

- Inform friends, family, and close ones why quitting is important to you
- Ask them to not smoke or have tobacco products around you
- Talk to your doctor



STEP 3: LEARN

- Plan how to distract yourself from urges
- Find replacement strategies and things to do with your hands and mouth
- Find fun activities without tobacco
- Find how to manage withdrawal symptoms



STEP 4: CHALLENGES/RELAPSE

- Find ways to help with stress and calm self
- Learn from mistakes and slips- don't be hard on yourself
- Limit triggers
- Eat healthy and exercise



ADDITIONAL RESOURCES

Lung helpLine at 1-800-LUNGUSA
Quitline at 1-800-QUIT-NOW
"DitchJUUL" to 88-709