

# 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