

## **Many Benefits of Breaking the Tobacco Habit**

### **Physical**

- Clearer, fresher looking skin
- Improved senses of smell and taste
- Increased oxygen flow to vital organs and skin
- Cleaner teeth
- Fewer colds and sinus infections
- Healthier heart and lungs
- Increased ability to handle physical activities (take the stairs if you want to or run after the kids or grandkids)
- No more hacking cough
- Less likely to be develop COPD – otherwise may require constant oxygen via portable and bedside tank.

### **Practical**

- Save money: One pack a day at \$4.00 a pack equals \$1,460.00 a year
- No longer worry about burning holes in clothes or furniture, or accidentally starting a fire
- No more smoke film on your car windows
- Watch the half time show instead of running out for a smoke
- No more concerns about when, where and how you will sneak in a smoke
- No more dirty ash trays to empty

### **Professional**

- Demonstrate that you support this important change in workplace policy
- Look and smell professional
- Use work breaks to refresh and relax, instead of rushing off to smoke
- Become a role model by demonstrating a healthier lifestyle
- Better identify with others who are attempting to change their behavior
- Encourage and inspire others you work with to quit

### **Social**

- Clothes, hair and breath that smell fresh, no more perfumes or mints to cover the smell of tobacco smoke
- Fresher smelling and thus more valuable home and car
- A social life that no longer revolves around when and where you will be smoking
- Discover new acquaintances who are non-smokers
- Become a healthy role model to family and friends
- No more worries that your smoking is hurting those around you
- You can hope for a healthier, happier and more active retirement

### **Emotional and Spiritual**

- More time to spend doing the things you love
- No longer making excuses for why you are still smoking
- Become the person you want to be
- Inspire others to quit
- Feel more self-confident
- Feel proud of yourself