



1 Check into **quit-smoking methods** with your health care provider's help.

2 Seek **encouragement** from someone who has quit successfully.

HEALTHY TOP TEN

4 Avoid spending **time** with smokers or where smoking is permitted.



3

Resist the Urge to Smoke

Keep **alternatives** on hand (sugarless gum, hard candies, a diversion activity).

5 Pinpoint your **triggers**, write them down and be ready to counteract.

6 Remind yourself about the **ugly** side of smoking on your body and on loved ones.

7 **Replace** a smoke break with a walk, a trek up and down stairs, or resistance exercises.



8 **Breathe deeply:** Focus on the fresh, clean air that's filling your lungs.

9 **Relax** more and manage stress by taking time for calming activities.



10 **Get busy:** Play a game, organize a closet or play with the kids.