



**TOP 10 REASONS TO QUIT**

1. **Better Health**  
Improved health is the number one reason to quit smoking. As soon as you quit your body starts to heal itself.
2. **Better breathing:**  
Smoking affects your breathing - the longer you smoke the harder it is to breathe.
3. **Personal appearance:**  
Quitting will improve your personal appearance by reducing bad breath, yellow teeth and fingers, and prematurely aging skin.
4. **Role model for children:**  
Be a positive role model for your own children, and for everyone else's children.
5. **No more second-hand smoke:**  
If you quit smoking you will help protect your friends and family from the dangers of second-hand smoke.
6. **Better sense of smell:**  
When you quit smoking, your sense of smell will increase and everything will smell better — including yourself, your house and your car.
7. **Fewer places to smoke:**  
With increased smoking restrictions in public places, including workplaces, there are fewer places to smoke these days.
8. **Smoking is expensive:**  
You will save hundreds or thousands of dollars each year if you quit smoking.
9. **Smoking is a fire hazard.**
10. **It is never too late to quit smoking:**  
If you have tried to quit before, take this as a positive sign, not a failure. It often takes several quit attempts to quit for good — each time you try to quit smoking you are closer to your goal. Keep trying and don't get discouraged!

**Add your own reasons for quitting smoking to the list:**

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