



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:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
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10. _____