

TIPS FROM  
FORMER  
SMOKERS®

# REASONS

## TO QUIT SMOKING



Rico F., age 48,  
*Tips*® participant

*Everyone has their own reasons for quitting smoking.*

Quitting smoking has many benefits. This is true no matter how old you are or how long or how much you have smoked.



# HEALTH *AND* APPEARANCE

## REASONS



**After I quit, I realized there's another world beyond smoking. And it's a beautiful place to be.**

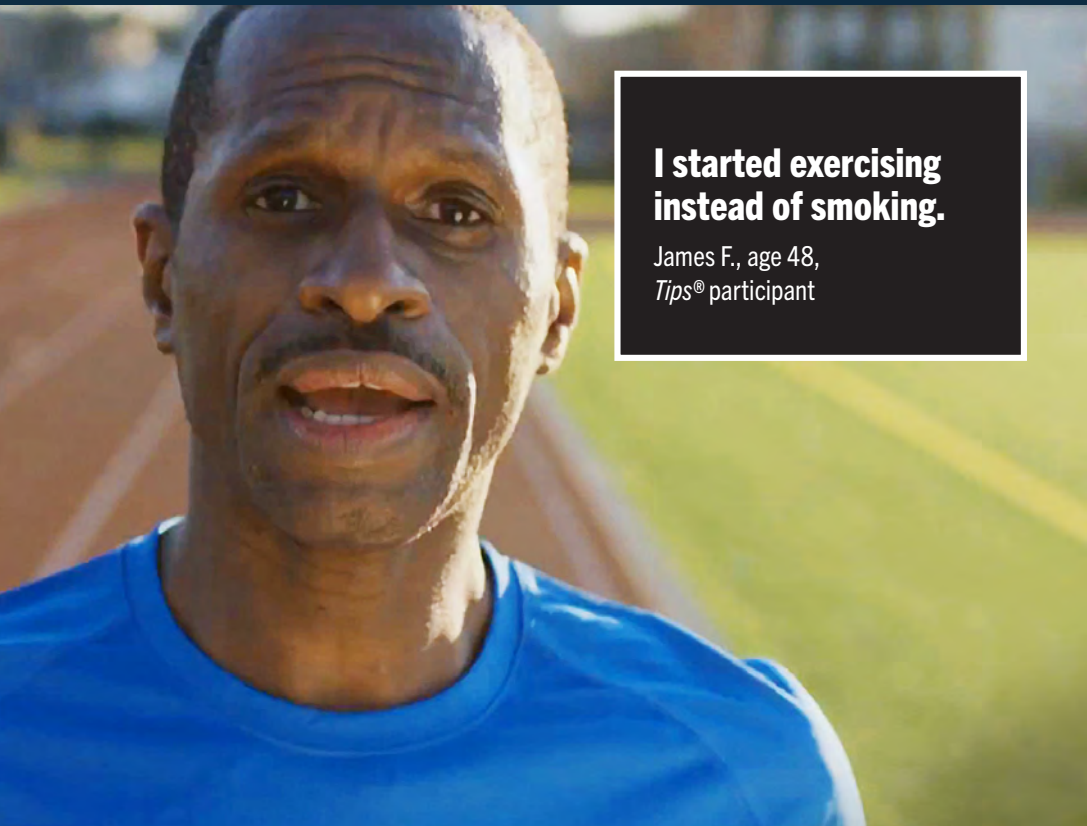
Rebecca M., age 57,  
*Tips*® participant

**Quitting smoking will improve your health  
and can add up to 10 years to your life!**

- Chance of cancer, heart disease, stroke, chronic obstructive pulmonary disease (COPD), and other diseases goes down
- Easier breathing and less coughing
- Look and feel younger
- Prevents stains on teeth and fingernails

# LIFESTYLE

## REASONS



**I started exercising  
instead of smoking.**

James F., age 48,  
*Tips*® participant

**Quitting smoking will help you enjoy life!**

- More time to do the things you love
- More time and energy to exercise
- Food tastes better
- More money to spend
- Home, car, and clothes smell better
- Sense of smell improves



# ***FAMILY AND LOVED ONES***

## ***REASONS***



**I wanted to be a good role model for my kids, so I quit smoking.**

Beatrice R., age 40,  
*Tips*® participant

**Quitting smoking will help make sure you have more time and energy to spend with loved ones!**

- Make sure you are around for special moments like weddings, graduations, and the births of grandchildren
- Set a good example for your children
- Keep children and loved ones safe from the dangers of secondhand smoke

**WHAT ARE YOUR**

# **REASONS FOR QUITTING?**

*You may not be sure.  
In that case, ask yourself:*



Tiffany R., age 40,  
Tips® participant

What will  
**GET BETTER**  
if you quit?

How will quitting  
improve your **HEALTH** and  
**APPEARANCE**?

What do  
you **DISLIKE**  
about smoking?

How does smoking  
affect your  
**LOVED ONES**?

What do you  
**MISS OUT ON**  
when you smoke?

What will you  
do with the extra  
**TIME** and **MONEY**?

# ***GET HELP***

## ***QUITTING***

Quitting smoking can be hard and may require multiple tries. The good news is there are proven treatments – medications and counseling – that can improve your chances of quitting for good. Many of these treatments are available free of charge or are covered by insurance.

**When you are ready to quit, call a quitline coach (1-800-QUIT-NOW) or talk to your doctor, nurse, or other healthcare professional about the best treatments and resources for you.**

***Remember, even if you've tried before, the key to success is to keep trying and not give up. It is never too late to quit smoking!***

***For More Information About Quitting***

**[CDC.gov/quit](https://www.cdc.gov/quit)**

**Call 1-800-QUIT-NOW  
(1-800-784-8669)**