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

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

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
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
<table>
<thead>
<tr>
<th>What will GET BETTER if you quit?</th>
<th>How will quitting improve your HEALTH and APPEARANCE?</th>
</tr>
</thead>
<tbody>
<tr>
<td>What do you DISLIKE about smoking?</td>
<td>How does smoking affect your LOVED ONES?</td>
</tr>
<tr>
<td>What do you MISS OUT ON when you smoke?</td>
<td>What will you do with the extra TIME and MONEY?</td>
</tr>
</tbody>
</table>

You may not be sure. In that case, ask yourself:
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
Call 1-800-QUIT-NOW
(1-800-784-8669)