

A TIP FROM A  
**FORMER  
SMOKER**

TM

# Quitting isn't about what you give up. It's about what you get back.

*Rebecca, age 57, Florida*

*Rebecca struggled with depression. She thought smoking would help, but it just made her more depressed. When she quit smoking it changed her life, mentally and physically. Now she runs 5Ks and hopes to live to be one hundred.*

**You can quit smoking.**

**For free help, call  
1-800-QUIT-NOW.**



**U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention  
[CDC.gov/tips](https://www.cdc.gov/tips)**

#CDCTips

