



Have a plan to help you continue your success!

What if someone offers you tobacco?

What if you slip up and use tobacco once you've quit?

Avoid places that will tempt you to smoke.

Avoid alcohol.

If depressed, seek out ways to ward off the blues...seek medical assistance if necessary.

Try, try again!



CANCER PREVENTION & RESEARCH INSTITUTE OF TEXAS



Are You Ready?

Be Prepared, Stay Focused

Additional Resource

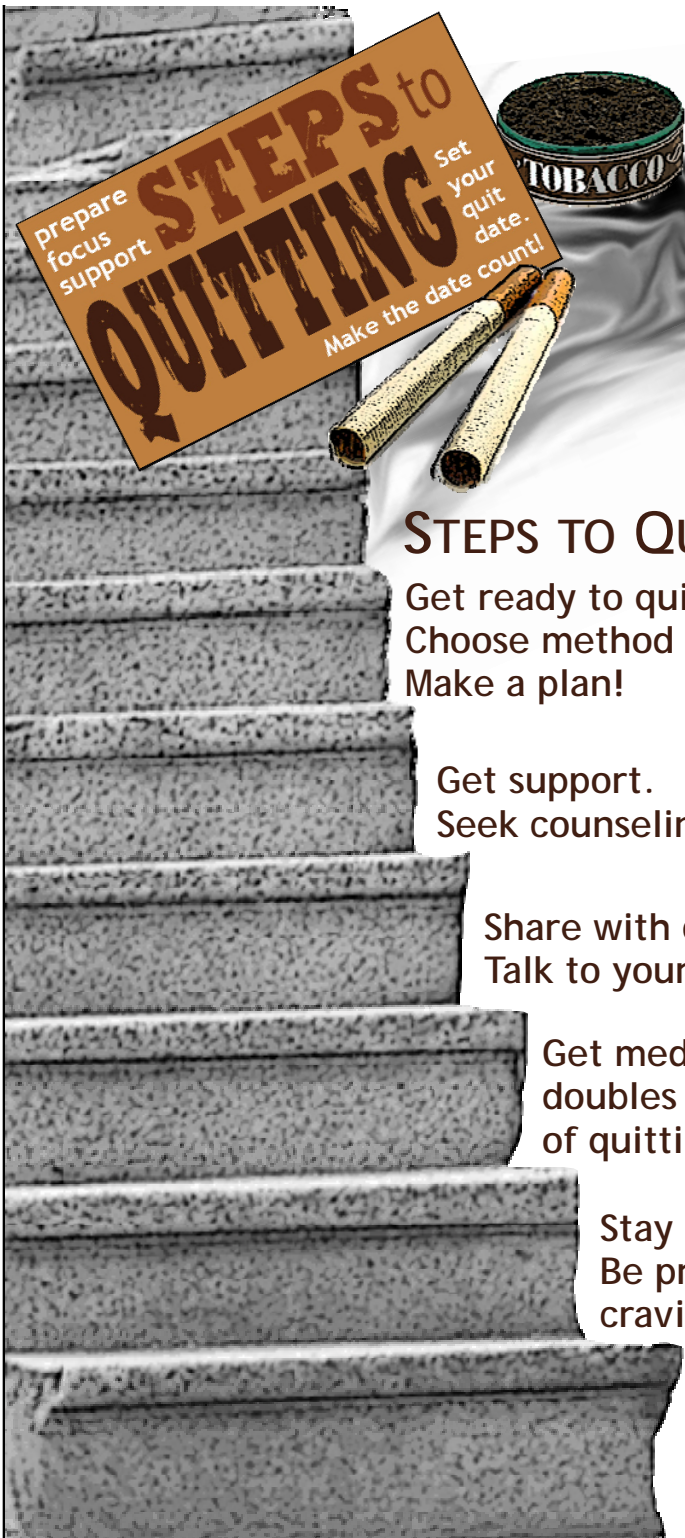


American Cancer Society
Quit Line
877-YES-QUIT
www.yesquit.com

Lori S. Reed, B.L.S
Extension Assistant

Educational programs of the Texas AgriLife Extension Service are open to all people without regard to race, color, sex, disability, religion, age, or national origin. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.





prepare focus support
STEPS to QUITTING
 Set your quit date.
 Make the date count!



STEPS TO QUITTING

Get ready to quit.
 Choose method of quitting.
 Make a plan!

Get support.
 Seek counseling.

Share with others.
 Talk to your doctor.

Get medication—it
 doubles your chances
 of quitting!

Stay quit.
 Be prepared for withdrawals,
 cravings & relapses.

Call the Quit Line

worried worried worried
ABOUT WEIGHT
 Don't let weight gain worries stop you!

EQUIP YOURSELF FOR SUCCESS!

Stock up on healthy snacks—fresh fruit & veggies are a great choice!

Drink lots of water!

Watch your labels—low fat & low sugar are what you need!

Exercise—it's a great way to relieve stress and relax, in addition to keeping off the pounds!

Remember what you're really gaining—fewer wrinkles, fresher breath, whiter teeth and most importantly, your health!

Friends

Family

Counseling

The more counseling you receive, the better chance you'll have of quitting.

One-on-one

Group

Another smoker

who is also trying to quit.

GREATLY increase your success rate!
GET SUPPORT



877-YES-QUIT