

Why Should I Quit Smoking?



- **For your health!** According to the Surgeon General, quitting smoking is the single most important step you can take to improve the length and quality of your life. Once you quit, your body starts repairing the damage caused by smoking. You will find that you have more energy and that the nagging cough and shortness of breath will decrease within just a few months, or in some cases, weeks after you quit.
- **To save money!** It's getting more expensive to smoke cigarettes. State and federal cigarette taxes continue to increase and in some places, a pack of cigarettes can cost \$10.00. Even if a pack costs "only" \$5.00 where you live, smoking one pack per day adds up to \$1,825.00 each year. Smoking also causes medical issues that can result in significant increases to your medical insurance and/or out-of-pocket medical expenses.
- **To save the aggravation!** It's getting less convenient to smoke. More and more states and cities are passing clean indoor air laws that make it illegal to smoke in bars, restaurants, and other public places. Are you tired of having to go outside many times a day to have a cigarette? Is standing in the cold and the rain really worth having that cigarette? Wouldn't it be easier if you had the choice to go outside only when you want to and not when you need to?
- **It's good for the people around you!** Cigarette smoke is harmful to everyone who inhales it, not just the smoker. Whether you're young or old and in good health or bad, secondhand smoke is dangerous and can make you sick. Children who live with smokers get more chest colds and ear infections while babies born to mothers who smoke have an increased risk of premature delivery, low birth weight and sudden infant death syndrome (SIDS).

Before you try to quit, take the time to write down your reasons for quitting. Post the list somewhere you will see it everyday. It will remind you why you decided to quit and keep you motivated!

*This information is attributed to the American Lung Association
<http://www.lungusa.org/stop-smoking/how-to-quit/why-quit/>*



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