

## **Tips to Quit Smoking**

Set a date to quit smoking and don't change it.

Take a walk to fight the urge to smoke.

Ask your doctor about medicines that can help you quit smoking.

Keep track of the money you're saving by not buying tobacco.

Get rid of all cigarettes and ashtrays.

Talk to your doctor about the best way for you to quit.

Quitting smoking is hard. If you slip up, try again. Visit [YesQuit.org](http://YesQuit.org).

Ask friends, family, and co-workers for support.

Make a list of reasons why you want to quit.

Snack on sunflower seeds or carrot sticks to keep your mouth busy.

Visit [YesQuit.org](http://YesQuit.org).