

# Reasons to Quit Smoking

Everyone has their own reasons for quitting smoking. Quitting smoking has many benefits. This is true no matter how old you are or how long or how much you have smoked.

## WHAT ARE YOUR REASONS FOR QUITTING?

You may not be sure. In that case, ask yourself:

- ? What will get better if you quit?
- ? What do you dislike about smoking?
- ? What do you miss out on when you smoke?
- ? How will quitting improve your health and appearance?
- ? How does smoking affect your loved ones?
- ? What will you do with the extra time and money?

***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!***



## HEALTH AND APPEARANCE REASONS

- 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

*Quitting smoking will improve your health and can add up to 10 years to your life!*

## FAMILY AND LOVED ONES REASONS

- More time to spend with family and loved ones
- Set a good example for your children
- Keep children and loved ones safe from the danger of secondhand smoke

*Quitting smoking will help make sure you are around for special moments with your loved ones, like weddings, graduations, and the births of grandchildren!*

## LIFESTYLE REASONS

- More time to do the things you love
- More time and energy to exercise
- Food tastes better
- More money to spend
- Sense of smell improves

*Quitting smoking will help you enjoy life!*

# Get Help Quitting

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.

## For More Information About Quitting

**[CDC.gov/quit](https://www.cdc.gov/quit)**

Call 1-800-QUIT-NOW  
(1-800-784-8669)