

## 10 Reasons to Quit Smoking

1. You will reduce your chances of having a heart attack.
2. You will reduce your chances of getting lung cancer, emphysema, and other lung diseases.
3. You will have better smelling clothes, hair, breath, home, and car.
4. You will climb stairs and walk without getting out of breath.
5. You will have fewer wrinkles.
6. You will be free of morning cough.
7. You will reduce the number of coughs, colds, and earaches your child will have.
8. You will have more energy to pursue physical activities you enjoy.
9. You will treat yourself to new books or music with the money you save from not buying cigarettes.
10. You will have more control over your life and have your freedom!



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## Ideas to resist the Urge to Smoke

1. Bake bread (smell warm dough instead of smoke)
2. Put a dime in a jar for every cigarette you don't smoke. Count the money you saved.
3. Write a no-smoking contract with yourself. Post it where you can see it.
4. Change the oil in your car
5. Fix something
6. Garden
7. Write letters
8. Chew on a toothpick or sugarless gum
9. Drink water, fruit juice, or herbal tea
10. Brush your teeth



## Resources to Quit Smoking:

### Elvia Caldera

South Central Public Health District  
208-737-5988  
Smoking Cessation Classes

### Idaho QuitNow

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

### Idaho Quitnet

<http://www.idaho.quitnet.com>

### Idaho CareLine

Dial 2-1-1 or 1-800-926-2588

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