



**Quitting will make you feel better and improve your health. But there are other reasons to quit that you may not have considered:**

### Your Lifestyle:

- You will have more money to spend.
- You can spend more time with family, catch up on work, or dive into your favorite hobby.
- You won't have to worry about when you can smoke next or where you can or can't smoke.
- Your food will taste better.
- Your clothes will smell better.
- Your car and home won't smell like smoke.
- You will be able to smell food, flowers, and other things better.

Everyone has their own reasons for quitting smoking. Maybe they want to be healthier, save some money, or keep their family safe from secondhand smoke. As you prepare to quit, think about your own reasons for quitting. Remind yourself of those reasons every day. They can inspire you to stop smoking for good. Whatever your reasons, you will be amazed at all the ways your life will improve when you become smokefree.

It's best to quit as soon as possible. This allows your body a chance to heal and reduces your risk for serious health problems, like heart attacks.

**Here are a few reasons to quit you may want to consider:**

### Your Health and Appearance

- Your chances of having cancer, heart attacks, heart disease, stroke, and other diseases will go down.
- You will be less likely to get sick.
- You will breathe easier and cough less.
- Your skin will look healthier, and you will look more youthful.
- Your teeth and fingernails will not be stained.



**More reasons to quit that you may not have considered:**

**Your Loved Ones:**

- You will set a great example for your kids; it takes a lot of strength to quit.
- Your friends, family, co-workers, and other loved ones will be proud of you.
- You will protect your friends and family from the dangers of secondhand smoke.
- Your children will be healthier.
- You will have more energy to do the things you love with friends and family.
- You will get healthy to make sure you are around to share in your family's special moments.

Make a list of all of the reasons you want to become smokefree. Keep the list in a place where you will see it often, like your car or where you used to keep your cigarettes. When you feel the urge to smoke, take a look at the list to remind yourself why you want to quit.

**RESOURCES TO HELP YOU QUIT**

[CDC.gov/tips](https://www.cdc.gov/tips)  
[smokefree.gov](https://www.smokefree.gov)

**Smokefree SmartPhone Apps:**

[QuitGuide](#)  
[quitSTART](#)

**Smokefree Texting Programs**

**Free Quit Help: 1-800-QUIT-NOW (1-800-784-8669)**

