

What do I Gain by Quitting?



Tobacco Use

**Smoking,
chewing,
and dipping
is
addicting!**

You

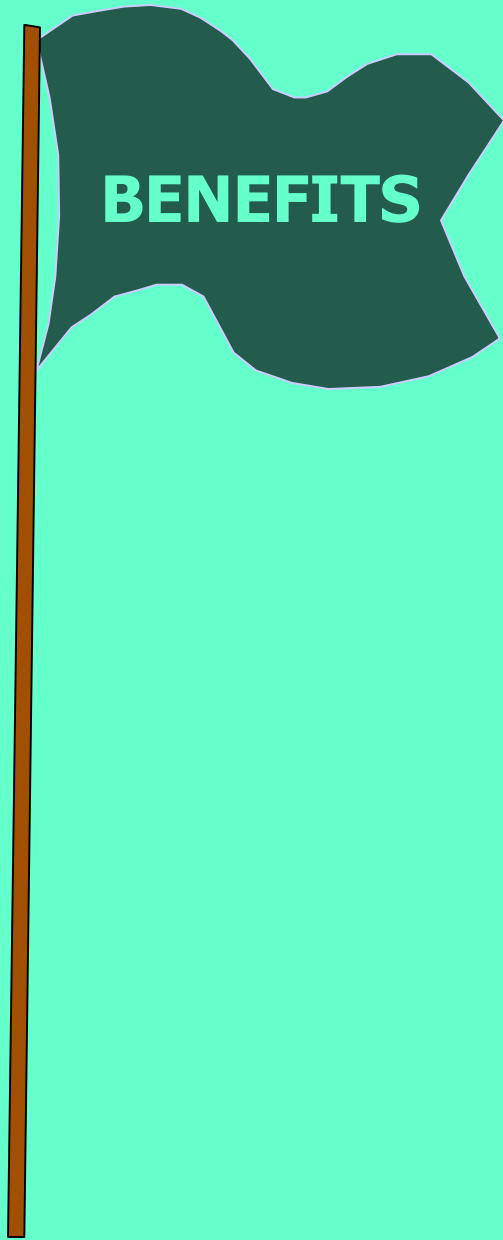
**can make the decision to
stop or quit**

The decision is yours!

Some Benefits of Quitting

- > Improved Health**
- > Better Taste**
- > Good Role Model**
- > Enhanced Self-Esteem**
- > Improved Stamina**
- > More Money!**





**What are your
benefits
of
quitting?**

Your decision to stop is a

BIG STEP

on the road to quitting!

**Remember the Number 1
thing you can do to improve
your HEALTH
is to stop using tobacco!**



Everyone encounters some roadblocks to quitting. Frequently named obstacles are:

- > Smoking helps me concentrate**
- > Chewing/smoking makes me feel good**
- > Tobacco relaxes me**
- > Smoking helps me cope**
- > I get a break when I smoke**

What obstacles may you encounter on your road to stopping?



How will you deal with and overcome these obstacles?



What do you gain by quitting?



Remember once you quit using tobacco --

- ✓ Your health begins to improve!**
- ✓ Your body begins healing immediately!**
- ✓ You add more time to your life!**
- ✓ You save money!**

**It is never
too late to
Quit!**

