

Top **10** Reasons to Stop Smoking

1 Your health

Improved health is the number one reason to quit smoking. As soon as you quit your body starts to heal.

2 Your breathing

Smoking affects your breathing. Quitting will help you breathe better.

3 Appearance

Quitting will improve how you look by preventing lines and wrinkles caused by smoking.



4 Role model for children

You will be a positive role model for your own children, and for everyone else's children. Studies show that children with at least one parent who smokes are more likely to take up smoking themselves.

5 No more second-hand smoke

If you quit smoking you will help protect your friends and family from the dangers of second-hand smoke.

6 Better smell

When you quit smoking your sense of smell will increase and everything will smell better – including yourself, your house and your car!



7 Fewer places to smoke

With new laws in place, there are fewer places to smoke.

8 Smoking is expensive

You will save hundreds or thousands of dollars each year if you quit smoking. Buy yourself a reward with some of the money you save.

9 Smoking is a fire hazard

Cigarettes are one of the leading causes of deaths due to house fires.

10 It is never too late

It is never too late to quit smoking. If you have tried to quit before, take this as a positive sign, not a failure. Keep trying and don't get discouraged!

Add your own reasons to quit

Adapted from *Stop Smoking: A Cessation Resource for Those Who Work With Women*, Canadian Public Health Association. 2006.

