

## Need more help?

Florida Quit Line:

1-877-U-CAN-NOW



Quit Smoking NOW Class:

1-87-QUIT-NOW-6



On-line class:

Freedom From Smoking Online  
(American Lung Association)

850-386-2065  
[www.ffsonline.org](http://www.ffsonline.org)



**Congratulations!**  
You have Stopped  
Smoking for  
**GOOD!**



After 1 month of  
**NOT** smoking, you will...

- Add **3 days** to your life
- Add **\$150** to your bank



[For a 1 pack-per-day smoker]



You are on  
the road to  
success!

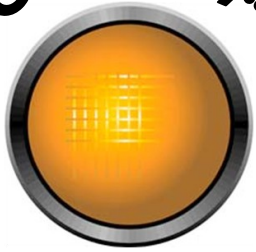


**Smoking  
for  
GOOD**

Created by:



Get Ready...



1. Choose a day you will quit.



2. Tell Friends and Family you are going to quit on this day.



3. Throw away all your cigarettes.



4. Talk to your Doctor for help.



What should you do when you really want to smoke?



Remember to keep your **WITS**

**W**ait

Wait 2 minutes.

Wanting a cigarette will pass.



**T**ry other things:

Brush your teeth



Go for a walk



Talk to friends

**I**nhale!

Taking deep breaths like you are smoking can help you relax.



**S**ip Water

Sipping with a straw may help you feel better

