

# Healthy Monday

## Quit & "Stay Quit" Smoke Free Monday

Quitting smoking is not easy but it can be done. Quitting will benefit you the smoker and those around you who deal with second-hand smoke. To have the best chance at quitting know what you are up against. Here are some easy steps to take to start quitting: make the decision to quit, set a QUIT date, deal with withdrawal, and "stay quit". Check out the Great American Smokeout website for more tips.



Week 8

Monday Nov 15

Take the challenge and put down the cigarettes! Learn more about how cigarettes effect you and others at [www.greatamericansmokeout.com](http://www.greatamericansmokeout.com)

### Up Ahead:

- Alcohol Awareness week.
- Health risks of consuming excess amounts of alcohol that are avoidable.

### Health Benefits and Reasons to quit smoking!

- 20 minutes after quitting your hear rate and blood pressure drop.
- 12 hours after quitting carbon monoxide levels return to normal.
- 2 weeks-3 months after quitting circulation improves and lung function increases.
- 4-9 months after quitting coughing and shortness of breath decrease.
- 1 year + after quitting risk of heart disease, stroke and lung cancer all decrease dramatically.

### So can you do it?

Take the first steps to improving your quality of life and quit smoking!