

QUIT TIPS TO BE TOBACCO FREE

If you're on your way to being tobacco free or looking for a way to start, these quit tips can help you manage – and beat – your cravings.



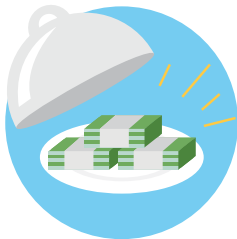
HAVE A HEALTHY SNACK

It's easy to reach for a tobacco product when you're stressed. But fresh foods like fruits and vegetables can give you the energy you need to better manage that stress. Keep an apple or chopped carrots with you for when a craving hits.



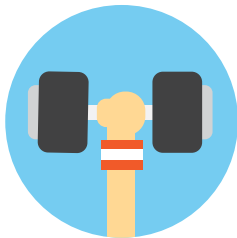
TAKE A DEEP BREATH

Sometimes all you need is a breath of fresh air to help you relax. Ease stress by taking deep, slow breaths in through your nose and out through your mouth for 10 minutes each day. It lowers blood pressure and keeps you from grabbing that tobacco product.



TREAT YOURSELF

Save the money you're not spending on tobacco products and watch it add up. Then when you reach your next tobacco free milestone, treat yourself to a movie, concert, special dinner – you name it.



GET MOVING

Being active helps keep your body fit and better able to handle stress. You can exercise, do chores or anything that gets your blood pumping to clear your mind and help you conquer challenges.

You may be eligible for free Nicotine Replacement Therapy through Quitline Iowa.

VISIT QUITLINEIOWA.ORG OR CALL 1-800-QUIT-NOW FOR HELP QUITTING.



QUITLINE IOWA

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