

## **Ten Reasons to Quit Smoking**

Submitted by Lisa Cannon  
Substance Abuse Prevention Coordinator

1. You will reduce your chances of having a heart attack or stroke.
2. You will reduce your chances of getting lung cancer, emphysema and other lung diseases.
3. You will have better smelling clothes, hair, breath, home and car.
4. You will be able to climb stairs and walk without getting out of breath.
5. You will have fewer wrinkles.
6. You will be free of the morning cough.
7. You will reduce the number of coughs, colds and earaches your child will have.
8. You will have more energy to pursue physical activities.
9. You can treat yourself to new books or music with the money you saved from not buying cigarettes.
10. You will have more **CONTROL** over your life.

If you would like more information about ways you can quit smoking, please contact Lisa Cannon, Prevention Coordinator at 989-462-0142 or [lisa@linkforfamilies.org](mailto:lisa@linkforfamilies.org).

Source: The National Institutes of Health