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LET'S QUIT FOR GOOD

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Smoking is the leading cause of preventable deaths.* But you can change that. Once you quit, your body starts healing – carbon monoxide levels normalize after 12 hours, lung function improves after 2 weeks, and your risk for heart disease drops by 50% after 1 year.†



Make it a date

Pick a quit date and mark it in your calendar. Get a friend or family member in on your plan, so they can help keep you accountable.



To-do's

Make a list of things you can do instead of smoking – like drinking a cup of tea, chewing gum, or cleaning your desk when you need a distraction.



Trash it all

Throw out everything that reminds you of smoking. Get rid of lighters, ashtrays, and old cigarette boxes. You'll be less likely to think about it if you have fewer reminders lying around.

Want more healthy ideas? Visit kp.org/quitsmoking or pinterest.com/kpthrive. 

*Centers for Disease Control and Prevention

†American Lung Association

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