



spotlight on health

You Can Quit Tobacco In 2010

(NAPSA)—You already know tobacco use is bad for you, your health, your fitness, your wallet, your social life and how you feel about yourself. There are lots of great reasons to quit tobacco. Make 2010 the year you say farewell to tobacco—for good!

Helping Heroes

When it comes to great ways to salute America's service members, helping them quit tobacco ranks high on the list.

Department of Defense studies show that junior enlisted military service members are more likely to use tobacco than their civilian counterparts.

A Matter of Pride

Fortunately, quitting tobacco has become a matter of pride for many members of the armed forces, and research shows that more than half of all smokers in the military tried to quit at least once in the past year.

A campaign called Quit Tobacco—Make Everyone Proud has tools and information that offer help to those who want to quit or are thinking about it. Its Web site, www.ucanquit2.org, offers customizable support that allows users to create personalized quit plans and quit calendars and to blog. You can even chat live with trained cessation coaches from 8:30 a.m. to 10 p.m. EST, seven days a week. You can also sign up to receive regular quitting tips via text messages.



A unique program offers high-tech tools and techniques to service members looking to quit tobacco.

Think About Quitting

Set a quit date for yourself and list your reasons for kicking the habit. They might include setting a good example for your kids or younger siblings, saving money, and making yourself, your family and your friends proud.

Be Prepared

When you quit smoking or chewing tobacco, plan your strategy in advance and get ready psychologically. A good step is to know what tools you have at your disposal. They include cessation programs, medication, and support from friends and family.

Fight Cravings

Cravings happen, so know what to do when they strike. Go for a run, drink a glass of water, chew a mint, do 100 push-ups or walk around the block. Do anything that will take your mind off smoking or chewing tobacco. Do whatever works for you—and remember, you are tougher than tobacco.

For more tips and information, visit www.ucanquit2.org.