

If you use tobacco, quitting is the single greatest thing you can do to protect your health. No matter how old you are or how long you have used tobacco, kicking the habit will help you live a longer, healthier life. But quitting can be challenging. To improve your chances for success, it's important to have a plan. If you have decided to quit using tobacco, try using the **S.T.A.R.T.** acronym to help you stay that way.

Set a quit date

Setting a date to quit is an important step in becoming tobacco free because it gives you the necessary time to plan and prepare. The day you choose should be no more than four weeks away.

Tell others

Inform family, friends and coworkers of your quit date and about your plan and efforts to quit. Ask for their support and motivation.

Anticipate and plan for challenges

There are countless variables that come into play when trying to quit using tobacco. It could be anything from a household member who smokes or friends who aren't supportive of your efforts, to really strong ties to smoking while doing daily activities, such as driving or relaxing after a meal. The good news is there are strategies for handling these and many other situations that can make quitting difficult.

Remove temptations

Take the time to remove all tobacco-related products from your home, car and office. This means getting rid of all ash trays, cigarette lighters and any other items that may remind you of the habit you are working to quit. Additionally, clean and freshen your car and home to help get rid of the smell of tobacco.

Talk to your doctor

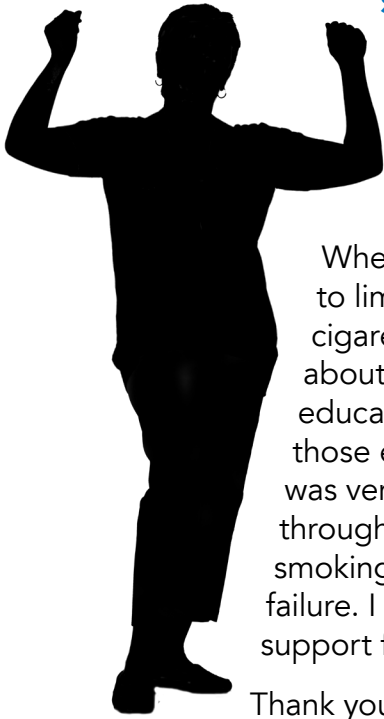
When it comes to quitting tobacco, you have options. You could choose to go cold turkey or use prescription medication or nicotine replacement therapy (NRT). Studies show that using prescription medications, such as Wellbutrin or Chantix, or NRT, such as the nicotine patch or gum, greatly increase your chances for success over cold turkey alone. Talk to your doctor to find out which option is best for you.

If you are thinking about kicking the habit this new year, congratulations! Your health will thank you. Contact your Health Coach for one-on-one support and additional information that will ultimately lead to success.



Success Stories

"I do know that I could not have been successful without the help and support from this program and my Coach."



Success Story

When I first joined the smoking cessation program, I wasn't too crazy about having to discuss my problem with a Coach. I'm stubborn, and discussing my shortcomings is not easy for me. But I felt that I was ready to quit, so I really embraced my Coach as if she were my friend instead of the enemy.

When I started this journey, I set two goals: to stop wanting cigarettes and to limit the weight gain after I quit. I'm happy to say that I have NOT had a cigarette for six months...and better yet, I don't WANT one! I have gained about 7 pounds since quitting, but I am okay with that. Because of the education and support I have received from my Coach, I feel certain I can lose those extra pounds! I feel that my Coach really cared about my success. She was very honest with me and truly seemed to understand what I was going through. I am so proud of myself, because in the end, it was up to me to quit smoking and determine whether or not this attempt would be a success or failure. I do know that I could not have been successful without the help and support from this program and my Coach.

Thank you for everything!

Linda

Coach Highlight

Helping people help themselves is what health coaching is all about. I feel great satisfaction when I can help someone move in a positive direction by developing healthy lifestyle habits. Helping people realize the importance of caring for their bodies and preventing health problems has always been a passion of mine. We so often take our good health for granted, and when it is taken from us we realize how precious it really is. The best part of coaching for me is the inspiration I receive from seeing people who work hard at making lifestyle changes reaping the rewards of their efforts.

Juli

