PACT
PARTNERSHIP TO ASSIST WITH CESSATION OF TOBACCO

PHARMACY ASSOCIATION OF SASKATCHEWAN

Top 10 Reasons to Quit

1. **Better Health:**
   Improved health is the number one reason to quit smoking. As soon as your quit your body starts to heal itself.

2. **Better Breathing:**
   Smoking affects your breathing – the longer you smoke the harder it is to breathe.

3. **Personal appearance:**
   Quitting will improve your personal appearance by reducing bad breath, yellow teeth and fingers, and prematurely aging skin.

4. **Role model for children:**
   Be a positive role module for your own children, and for everyone else's children.

5. **No more second-hand smoke:**
   If you quit smoking you will help protect your friends and family from the dangers of second-hand smoke.

6. **Better sense of smell:**
   When you quit smoking, your sense of smell will increase and everything will smell better – including yourself, your house and your car.

7. **Fewer places to smoke:**
   With increased smoking restrictions in public places, including workplaces, there are fewer places to smoke these days.

8. **Smoking is expensive:**
   You will save hundreds or thousands of dollars each your if you quit smoking.

9. **Smoking is a fire hazard.**

10. **If is never too late to quit smoking:**
    If you tried to quit before, take this as a positive sign, not a failure. It often takes several quit attempts to quit for good- each time you try to quit smoking you are closer to your goal. Keep trying and don't get discouraged!

Add your own reasons for quitting smoking to the list:

1. _____

2. _____

3. _____

4. _____

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7. _____

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10. _____