



QuitWithUsLa.Org 1.800.QUIT.NOW

Get Ready to Quit



If you smoke, **quitting** is the most important thing you can do to improve your health and quality of life. Quitting is not easy, **but you can quit**, and we are here to help.

Preparing to quit

- ✓ When you are ready to quit, call **1-800-QUIT-NOW** to schedule a free telephone counseling session.
- ✓ Set your quit date. Consider a **Monday** for your quit date. With 52 Mondays each year, if you slip up during the week, you can always start fresh again the next Monday.
- ✓ Ask family and friends to support you.
- ✓ **Discard all cigarettes, lighters, matches and ashtrays.** Clean your house and car for a fresh start.
- ✓ Write down **what is motivating you to quit** (health, family, cost savings) and post this as a reminder to keep you on track.
- ✓ Call **1-800-QUIT-NOW** anytime for support, or enroll at www.QuitWithUsLA.org for free web coaching.

Staying quit

- ✓ Be aware of triggers and avoid them or **change your routine**.
- ✓ Keep busy when you have a craving. It will pass.
- ✓ **Get active**. Take walks or start an exercise program.
- ✓ Eat a healthy diet and drink plenty of water.
- ✓ **Reward yourself** for reaching milestones.
- ✓ Get support from family and friends.
- ✓ Don't give up. Remember the reason you quit in the first place.
- ✓ If you slip up during the week, use **Monday** as a chance for a fresh start.

Louisiana Tobacco Quitline

1-800-QUIT-NOW

www.QuitWithUsLA.org

- ✓ **FREE** phone counseling with Certified Quit Coaches
- ✓ Online enrollment and **FREE** web coaching
- ✓ **FREE** Nicotine Replacement Therapy available
- ✓ Additional **FREE** resources available for enrollees who started smoking prior to Sept. 1, 1988, through the Smoking Cessation Trust. Learn more at www.SmokingCessationTrust.org.
- ✓ Learn about **FREE** quit smoking classes in your local area offered through the LSU Tobacco Control Initiative. For more information visit <http://www.lsu.edu/ds-tci.html>.



For help quitting, call:
1-800-QUIT-NOW

www.QuitWithUsLA.org



QuitWithUsLA