



# Quit & Stay Quit Monday

Boosting smoke cessation success

## **SAMPLE SMOKING CESSATION TIPS**

*Healthy Monday's smoking cessation tips help quitters stay quit, reducing the time between relapse and re-commitment. They help make every Monday an important step toward smoke-free living and an opportunity to celebrate progress.*

### **Recommit every Monday and quit for life**

Don't let a minor relapse become a major failure. Regain your momentum with healthy choices and positive motivation. Quit today, and every Monday thereafter!

### **This Monday there's never been a better time**

State and local organizations offer free services: telephone support, quit smoking information, kits with nicotine patches and gum, and group cessation programs. Get keyed in to what's available to stay quit.

### **This Monday bring a buddy**

Have a non-smoking friend adopt you. Someone you trust, who can support you with humor, fun physical activity and friendly encouragement. Then meet up again next Monday!

### **Spend more on your health this Monday**

Smokers pay \$4-6 for a single pack of cigarettes. Commit to your wellbeing by spending it on healthy fun stuff – like running shoes, a gym membership or dance classes!

### **This Monday keep your eye on the prize**

Accept there will be bad days. Refocus every Monday by reviewing your reasons for quitting. Remind yourself how far you've come!

### **This Monday don't waste another minute**

Heart disease, lung cancer, emphysema – risk of these devastating conditions is diminished within minutes of quitting. Start Monday and improve your health every day you stay smoke-free!

### **This Monday get together to quit**

You're more likely to stay quit when family, friends and co-workers stop smoking too. Arrange plenty of nonsmoker support and fun. Make Monday the day to do it together!

### **Monday to the rescue!**

If you lost your way last week – your motivation went missing, your plans misdirected, your vision clouded – start again today. Recommit to quit!

**WANT MORE FREE TIPS? GOT SOME USEFUL TIPS? CONTACT US.**

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**HealthyMonday.org**