



Are You Ready to Quit Smoking?

This year, take spring cleaning to a whole new level with these Spring Quit Tips:

Set a Quit Date & Make a Quit Plan: Put a stake in the ground and set a date when you are ready to go completely smoke free. Leading up to that date, put together a plan that will help you work through smoking urges and build a support team of friends and family to help keep you going.

Get Rid of the Clutter: The ashtrays and lighters must go, along with other smoking paraphernalia that may cause you to have a smoking urge. And don't just hide them; get rid of them completely as you won't be needing them anymore!

De-Smoke Your House: Fabrics can hold smoke smells long after smoke has left your home. Wash all bedding, send curtains out to the dry cleaners, wash couch coverings and vacuum the carpets. Clean all clothing — even those you haven't worn lately — to help get rid of the smoky smell completely.

Don't Forget the Car & Office: Your life doesn't begin and end at home; de-clutter and clean your car and office, too. In addition to an air freshener, take your mode of transportation to the car wash and get it looking brand new and smelling fresh.

Rearrange Some Furniture: Muscle memory is a powerful thing. If you wake up and reach for your pack automatically or sit down to watch television and look for your lighter, move the furniture around to change up those behaviors. A little feng shui can go a long way!

Enjoy the Great Outdoors: Twenty minutes after quitting smoking, your heart rate drops to normal. Within two weeks to three months, lung function begins to improve; at one to nine months coughing and shortness of breath decrease. Celebrate these new healthy benefits with a walk around the park, a game of hoops or just sitting outside breathing the fresh, spring air.

Need support quitting? You are not alone. LeadWell™ is here to help!

Courtesy of the American Lung Association.