



American Heart Association®

Healthy for Good™

HOW TO QUIT TOBACCO



1 EDUCATE YOURSELF

The first step to quitting smoking, vaping and using tobacco is to understand the risks and health effects for you and your family.

- Smoking is the most preventable cause of death in the U.S. It's linked to about one third of all deaths from heart disease and 90% of lung cancers.
- Cigarettes, e-cigarettes and tobacco products contain many toxic chemicals, as do their smoke, vapor and liquids.
- About half of U.S. children ages 3-11 are exposed to secondhand smoke and vapor.
- Tobacco use and nicotine addiction is a growing crisis for teens and young adults.
- You can be one of the millions of people who successfully quit every year.
- Within 1 year after quitting, your risk of heart disease goes down by half.



2 MAKE A PLAN TO QUIT

You're more likely to quit tobacco for good if you prepare by creating a plan that fits your lifestyle.

SET a quit date within the next 7 days.

CHOOSE a method: cold turkey or gradually.

DECIDE if you need help from a health care provider, nicotine replacement or medicine.

PREPARE for your quit day by planning how to deal with cravings and urges.

QUIT on your quit day.

3 TIPS FOR SUCCESS



DEAL WITH URGES

Whether physical or mental, learn your triggers and make a plan to address them. Avoid situations that make you want to smoke or use tobacco until you're confident that you can handle them.



GET ACTIVE

Physical activity can help you manage the stress and cravings when quitting. You'll feel better, too. heart.org/MoveMore



HANDLE STRESS

Learn other healthy ways to manage the stress of quitting. heart.org/BeWell



GET SUPPORT

A buddy system or support program can help you with some of the common struggles of quitting. **1-800-QuitNow**



STICK WITH IT

Quitting tobacco takes a lot of willpower. Reward yourself when you reach milestones and forgive yourself if you take a step backward. Get back on course as soon as possible to stay on track and kick the habit for good.

LEARN MORE AT HEART.ORG/MYLIFECHECK AND HEART.ORG/TOBACCO



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HOW TO BE MORE ACTIVE



1 MOVE MORE

Adults should get a weekly total of at least

150
minutes
of moderate
aerobic activity



OR

75
minutes
of vigorous
aerobic activity



or a combination of both, spread throughout the week.



BE STRONG

Include muscle-strengthening activity (like resistance or weight training) at least twice a week.



ADD INTENSITY

Increase time, distance, amount or effort for more benefits.



SIT LESS

Get up and move throughout the day.



KIDS & TEENS

should get at least **60 minutes**
of physical activity every day.

2 TIPS FOR SUCCESS



SET GOALS

Set realistic goals and make small, lasting changes to set yourself up for success.



KEEP GOING

Once you reach these goals, don't stop. Gradually increase your activity and intensity to gain even more health benefits.



WALK MORE

There are many ways to get active. You may find walking the easiest way to start.



ADD IT UP

Find ways to move more throughout your daily routine, whether it's at work, on your commute or at home. Every active minute counts toward your goal.



MAKE A HABIT

Do something active every day at about the same time so it becomes a regular habit. Put it on your schedule so you're less likely to miss a day.

LEARN MORE AT HEART.ORG/MYLIFECHECK AND HEART.ORG/BEAUTIVE

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