



Health & Fitness Weekly Wellness Message

Thinking about quitting tobacco? How's this for motivation? **Put Money Back in Your Wallet!** We all know that smoking causes a range of health problems, but have you thought about the impact on your wallet? In 2009, the Federal Tobacco Tax Increase added another 62 cents to the price of each pack of cigarettes. This tax increase and the current economy may be just the extra motivation you need to finally quit for good. According to the Coalition for Tobacco Free Kids, a pack-a-day smoker, on average, will spend \$1,808 on cigarettes each year.

Beyond the extra savings on cigarettes, quitting smoking could also save you the cost of breath mints, cough drops, and cleaning expenses for your clothes, home, and car. And on top of these savings, you and your family will benefit even more over time as you avoid the many medical costs from doctor visits and medications associated with the diseases and other health issues caused by smoking or by exposure to secondhand smoke.

Set a Quit Day: You Can Do It!

Are you planning to quit smoking? Research shows that if you pick a quit day in the next 30 days and stick to it, you'll be more likely to stay quit. Here are some other ways to prepare for your quit day:

- Pick the date and mark it on your calendar.
- Tell friends and family about your quit day.
- Download the Smokeout Countdown Clock at the following link:
<http://www.cancer.org/Healthy/StayAwayfromTobacco/GreatAmericanSmokeout/desktop-helpers>

The Clock allows you to plug in your quit day, then counts down to the selected day. Each morning, a new tip proven to help you quit comes up to help you prepare to stop smoking.

- Stock up on oral substitutes – sugarless gum, carrot sticks, and/or hard candy.
- Think back to your past attempts to quit. Try to figure out what worked and what did not work for you.

There is no one right way to quit. Quitting smoking is a lot like losing weight – it takes a strong commitment over a long period of time. Smokers may wish there was a magic bullet – a pill or method that would make quitting painless and easy, but, unfortunately, there is nothing like that on the market. It takes the average person 7 to 10 quit attempts to quit for good, but you can beat the odds!

Quitting smoking is one of the most important steps in creating a world with less cancer and more birthdays. Quitting is hard, but you can increase your chances of success with help. If you want to quit smoking or help a loved one quit, the American Cancer Society is in your corner. Together, we can save lives and create a world with less cancer and more birthdays. For tips on quitting smoking or getting involved in the fight against tobacco, visit cancer.org/smokeout or call the American Cancer Society at 1-800-227-2345, 24 hours a day, 7 days a week!

Find a variety of tools that will help you succeed with your quit attempt. All are available at no cost for U.S. service members, Veterans, retirees, and their families. **Tricare eligible beneficiaries can chat online with a tobacco quit coach one-on-one and in real time at:** <http://www.ucanquit2.org/>

Train2Quit—An online program that will help you learn to beat cravings, avoid triggers, overcome weight gain, and more:
<http://www.ucanquit2.org/train2quit.aspx>.

Live Chat—A trained quit coach will help you with any questions about quitting tobacco and is available 7 days a week, 24 hours a day:
<http://www.ucanquit2.org/livehelp/Default.aspx>.

QuitTips Text Messaging—Tips and tricks for quitting tobacco right on your phone:
<http://www.ucanquit2.org/quittips/default.aspx>.

Online Games—To pass the time when you crave that cigarette or chew due to nicotine withdrawal. Remember, most cravings last only 3–5 minutes. These fun games will help keep you distracted to pass the time:
<http://www.ucanquit2.org/thinkingaboutquitting/games/Default.aspx>.

If you are not eligible for TRICARE®/VA benefits, if this is not concerning TRICARE® beneficiaries or Veterans enrolled in the VA health care system, check out the following alternative services:

- National Cancer Institute Live Chat:
<https://cissecure.nci.nih.gov/livehelp/welcome.asp>. Receive information and advice about quitting smoking through real-time text messaging with a National Cancer Institute smoking cessation counselor.
- Smokefree.gov: <http://www.smokefree.gov/>. The Federal Government's one-stop shop to help you quit tobacco.
- 1-800-Quit-Now. This toll-free telephone number connects you to counseling and information about quitting smoking in your State.

Health Fitness will be honoring the **Great American Smokeout** during a **Health Fair** this **Thursday from 0700-1300**. Visit us for some great resources that can help you, a friend, or a family member. Join us for the Great American Smokeout and make November 18 the day you plan to stay well and quit for good.

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