

# Action

If you are in **Action**, you have quit smoking recently. What a great place to be in this program! First, we'd like to congratulate you on your accomplishments so far. You have made the single most important choice for better health and a longer life.

Next, we'd like to give you a unique look at the strategies that have helped other smokers like you **stay quit**. Quitting smoking may be one of the biggest challenges you will ever have. You will have some temptations to smoke, but we're confident that by using the exercises outlined below, you can stay on track. Scientific studies suggest that these strategies are the most powerful tools you can be using right now.

## Just Rewards


Studies of successful quitters have shown that rewards are an important strategy in this stage. Freedom from cigarettes and better health are some of the most important rewards, but there are many others.

## Timeline

Check off how long you have been quit to see what benefits you have already gotten or you will get after more time has passed. Add any improvements you have seen in your own health to the list.



By "stay quit" we mean being completely smoke-free.

 **20 Minutes**

- Blood pressure and pulse drop to normal.
- Circulation in your hands and feet improves.
- \_\_\_\_\_



## 8 Hours



- Oxygen level in your blood returns to normal.
- Carbon monoxide levels drop to normal, reducing the risk of cholesterol in your arteries.
- \_\_\_\_\_



## 3 Days



- Breathing is easier because bronchial tubes relax.
- Your risk of headaches and migraines is lower.
- \_\_\_\_\_



## 24 Hours



- Your risk of a heart attack is already lower!
- Risk of high blood pressure due to smoking is eliminated.
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



## 1 Week



- Circulation continues to improve, reducing leg pain.
- Improved skin tone and reduced risk of developing wrinkles around your mouth, neck, and eyes occurs.
- Sinuses are clearer.
- \_\_\_\_\_



## 48 Hours



- Walking is becoming easier.
- Your sense of taste and smell have improved.
- Nerve endings start regrowing.
- \_\_\_\_\_



## 2 Weeks



- Risk of developing emphysema is reduced.
- Your body is more able to deliver oxygen to your muscles.
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