

Tips that Count

Wellness information for your journey to a healthier you!

Drop that Smoke!

It's never too late to reap the benefits of kicking the smoking habit. Your heart rate and blood pressure will drop the first day you stop. Circulation and lung function will improve in just a few weeks. And within the first two years, your risk of heart disease will drop dramatically. Here are some easy steps.

Set a date. Mark your calendar and get rid of any smoking-related items.

Know what to expect. Nearly all smokers experience some kind of nicotine withdrawal. Physical symptoms usually last for about two weeks. Cravings can last for up to three months.

Avoid the triggers. Steer clear of situations and social gatherings where others are smoking. Go for a short break when you would normally have taken a smoke.

Get with a program. The best smoking cessation programs are 4 to 8 weeks long. Good programs also include weekly one-on-one meetings with a counselor.



All information is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. You should seek prompt medical care for any specific health issues and consult your physician before starting a new fitness regimen.