

Tips that Count

Wellness information for your journey to a healthier you!

Why Quit those Cigs?

Sure it's hard to stop smoking, but it's worth the effort. Here are some good reasons to quit.

It's the most important lifestyle change you can make to reduce your risk for coronary heart disease and heart attacks.

Quitting lowers your risk of developing high blood pressure, chronic obstructive pulmonary disease (COPD), cancer, and all cardiovascular diseases.

You're less likely to develop colds or the flu.

You'll stop having episodes of morning coughing.

You'll develop fewer facial wrinkles.

Your clothes, hair, and breath will smell fresher and cleaner.



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.