



## FEELING BETTER DAY BY DAY

When you quit using tobacco, you are doing the best thing you can for your health. You will help avoid getting some major diseases. You have the chance to live a longer life, too. Other benefits when you stop using tobacco may not be as dramatic, but they still make a big difference in your everyday life.

Tobacco is bad for almost every organ in your body. When you quit, you help improve your overall health. Within minutes after you have last used tobacco, your body starts to repair itself, and it keeps getting better over time. You may soon notice that:

- You stop coughing
- You breathe more easily
- Everyday tasks do not leave you out of breath
- You regain your sense of taste and smell

All these things can make it much easier for you to do your everyday activities. You may soon be able to:

- Walk up stairs or a hill without getting out of breath
- Participate in activities you'd given up, such as playing tennis or taking dance classes
- Join in outdoor activities with family or friends
- Enjoy the smells and tastes of what you are eating

You may feel a lot better about yourself. It will help your self-image to have:

- Clean smelling breath, hair, and clothing
- Unstained fingers and fingernails
- Whiter teeth and healthier gums
- Skin that doesn't age prematurely

And just knowing that you've kicked the nasty habit can do wonders for your self-esteem. You have made a great achievement – for yourself and those around you. You are not harming the health of others with secondhand smoke. You are setting a good example for your children and other people.



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## WANT TO FEEL EVEN BETTER?

By quitting tobacco, you've taken a major step on the road to feeling better. If you'd like to move further along the path to good health, consider:

- Getting regular exercise. Talk to your provider before you start. Most people benefit greatly by getting at least 30 minutes of physical activity most days of the week. It may help you stay at a healthy weight.
- Eating a healthy diet. Ask your provider for help making an eating plan that is right for you. Eat lots of fruits and vegetables. Limit fat, snacks, and alcohol.
- Learning how to manage stress. You may have used tobacco to help cope with stress. Now, you need to find healthy ways to deal with it. You might want to try deep breathing, meditation, or yoga. Physical activity can help.

Remember, it's never too late to quit tobacco. The sooner you do, the better you'll feel. Once you stop using tobacco, you may find yourself feeling better day by day.

### Write down three things you could do to get healthier

1.

2.

3.



# CIGARETTE/TIME COST CALCULATOR

## How Much Are Cigarettes Really Costing You?

Not only does tobacco affect your health and the health of those around you, but it takes up a lot of time and costs a lot of money. It may surprise you how much money you can save by quitting. See the charts below to figure out about how much you can save when you quit using tobacco.

AMOUNT OF MONEY YOU SAVE							
Number of Packs a Day	1 Day*	1 Month (30 days)	3 Months	6 Months	1 Year (365 days)	3 Years	5 Years
½	\$4.41	\$132.30	\$396.90	\$793.80	\$1,587.60	\$4,612.80	\$7,938
1	\$8.82	\$264.60	\$793.80	\$1,587.60	\$3,175.20	\$9,525.60	\$15,876
1 ½	\$13.23	\$396.90	\$1,190.70	\$2,381.40	\$4,762.80	\$14,288.40	\$23,814
2	\$17.64	\$529.20	\$1,587.60	\$3,175.20	\$6,350.40	\$19,051.20	\$31,752
3	\$26.46	\$793.80	\$2,381.40	\$4,762.80	\$9,525.60	\$28,516.50	\$47,628
4	\$35.28	\$1,058.40	\$3,175.20	\$6,350.40	\$12,700.80	\$38,102.40	\$63,504

\*Estimates based on an average of \$8.82 per pack of cigarettes. Does not include interest income from investing the savings.

AMOUNT OF TIME (HOURS) YOU SAVE							
Number of Packs a Day	1 Day <sup>†</sup>	1 Month (30 days)	3 Months	6 Months	1 Year	3 Years	5 Years
½	1	30	90	180	360	1080	1800
1	2	60	180	360	720	2160	3600
1 ½	3	90	270	540	1080	3240	5400
2	4	120	360	720	1440	4320	7200
3	6	180	540	1080	2160	6480	10,800
4	8	240	720	1440	2880	8640	14,400

<sup>†</sup>Estimates based on average time to smoke a cigarette of 6 minutes and 20 cigarettes in a pack.

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# STOP TOBACCO, START SAVING

People often quit using tobacco because they are concerned about their health. Tobacco costs a lot. That can be a reason to quit. Yet, the cost of buying tobacco is just part of the costs that comes with using tobacco.

## Save on your health care costs

Each year, the effects of using tobacco cause about \$170 billion in health costs.

### Tobacco use:

- Affects nearly every part of the body
- May reduce the quality and length of one's life
- Is associated with 15 different types of cancer
- Can cause heart, lung, and other diseases
- Is harmful to the health and well-being of others

## Save face

Using tobacco has become more and more unaccepted socially. When you become tobacco-free, you:

- Don't have to worry about being in tobacco-free workplaces, restaurants, and public areas
- Won't annoy and harm others with secondhand smoke
- Will have fresh-smelling breath, fingers, hair, and clothes that are free of the foul odor of tobacco

## Save money and time

- Use the money you spent on tobacco to buy things you enjoy
- Have more time for activities and people

## You can do it

There is good news. Now there are more tobacco-free individuals than tobacco users. About 45.7 million Americans have quit using tobacco for good. You can. If you have not done so yet, set your quit date. Join the others who have improved their lives in so many ways.

## ADD UP YOUR SUCCESSES!

Remember, anytime you get past an urge to use tobacco, count that as a success. That's something you can be really proud of. You can do this exercise at the **end of your first week** of quitting tobacco. That way you can see how much money and time you could be saving by not buying and using tobacco.

### Calculate Your Money Saved

by not buying and using tobacco this week.

Amount of tobacco you would have used this week  _____	Cost:  _____
$\times$	
\$ _____	
$=$	
Amount of money saved this week  \$ _____	

How will you use the money you save?

\_\_\_\_\_

## CALCULATE YOUR TIME SAVED

by not using tobacco this week.

Amount of tobacco you would have used today: <hr/>	×	5 minutes*	×	7 days
= Number of minutes saved this week <hr/>				

\*Based on the average time it takes to use tobacco.

How will you use the time you saved by not using tobacco?

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# WHAT WILL YOU DO WITH THE MONEY AND TIME YOU SAVE?

How much money will you save in a year by quitting tobacco? (See chart)

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What will you do with the money you save in a year? Pay bills? Buy new clothes? Take a vacation? Make a down payment on a new car?

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How much time do you spend each day using tobacco and doing nothing else? (See chart)

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What will you do with the extra time each day? Exercise? Fix something in the house? Garden? Sleep longer?

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