

HEALTH

Our own health and that of our families should be a main priority. Here are some ways to improve and maintain your health and well-being.

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Make good lifestyle choices every day.

The quality of our lives and health is largely due to our daily choices. These choices include how we eat, if we exercise and what our mind set is going to be (either positive or negative). Fortunately, every day presents a new chance to make healthy choices. Each one of these choices adds up to our overall health and well-being. So even if we haven't done so well with our lifestyle choices up to now, we can still make changes and improve our health, starting today.

We need to be aware of these lifestyle choices. Stop and think about each one and make sure the choice you are about to make is good for your health. By making one good choice, you feel better and tend to make more good choices throughout the day. These all add up to a healthy lifestyle.

"Life is the sum of all your choices." ~ Albert Camus

How to make these choices:

Remember you are in control of your choices every day. Choose to make the best choices that will bring you a healthy, happy life.

- Be in the present moment when you make a choice.
- Understand the implications of that choice and your alternatives.
- What are your emotions at this moment of choosing? Are they playing a role in your decision making?
- Be aware of and honor your own personal values.
- Be aware of where you want to be in life, both short term and long term, and make choices that will take you there.

First steps:

Be aware of the choices you make. Think about each one and the options surrounding that choice – are there better options or decisions you can make.



Making good lifestyle choices helps our health, families, community and economy along with the environment thrive.

- Choose a healthy breakfast over a doughnut.
- Choose to go for a walk at lunch.
- Choose to exist in a positive mindset.
- Even if you don't make a good decision (you choose the doughnut for breakfast), don't let it ruin the rest of your day. Continue to make the best decisions for your health.
- Know that you are the only one who can make these choices and take the actions to be healthy.

"What is right is often forgotten by what is convenient." ~ Bodie Thoene



Become a conscious eater.

Eating is one of the three vital components of life, along with breathing and drinking. Unfortunately, we tend to not treat it as such.

“Tell me what you eat, and I will tell you who you are.” ~ Brillat-Savarin

We have lost the importance of eating. It has become something we do to just fill the hole in our stomachs. We need to remember, be aware of the fact that eating, especially what we eat, is one of the most important and necessary things we can do for our bodies, our minds and our health.

Consider the value you place on food. Do you focus only on convenience and price? Or do you consider the quality and nutrition? Some people believe that “food is medicine.” If you were to view food the same way, would this change any of the purchases you make?

Being a conscious eater means that you think about the foods you eat and how they will affect your health. It means stopping and taking a minute to either plan what you are going to eat, or at least ponder what is in your hand at the time and consider if what you are going to eat will benefit you. You don't have to make the perfect choice every time (it's OK to have a slice of birthday cake), but become more aware of the choices you make.

It is also about how you eat, not just what you eat.

How to be a conscious eater:

Before you mindlessly eat something, take a second and be aware of following items:

- Am I hungry, really hungry, or am I bored or looking for something to do?
- How will this food make me feel after I eat it? Great because I ate something healthy that my body was truly craving? Or ill because it was full of sugars, chemicals or fat?

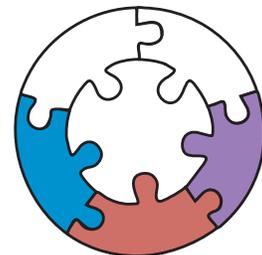
Here are some other things to be aware of while you are eating:

- Eat at a table, not at your desk, in the car or in front of the TV.
- Eat slowly and enjoy each bite.
- Eat until your hunger is gone, not until you are full. When you hit the point of full, you have eaten too much.

First steps:

Every time you go to eat something, whether a small snack or a big meal, think about the food you are about to put into your body. Will it make you feel better or worse after you eat it?

*“Let food be thy medicine,
thy medicine shall be thy food.”
~ Hippocrates*



When we are aware of what we are eating, our health, our families and our economy thrives.



Evaluate health information claims.

Health information is everywhere. Not only is it becoming easier to access health resources, it is also becoming easier to create them. “Health experts” are establishing themselves in more and more places, from blogs to talk shows to books. When they reference scientific studies or have a devoted public following, their health messages seem credible. However, they may not be as trustworthy as they appear.

In order to protect yourself from misleading and potentially dangerous health claims, consider whether the resource is credible. While many people are familiar with checking website addresses to see if they are reputable – for instance, those ending in “.gov” and “.edu” are generally safe – other criteria should be considered as well.

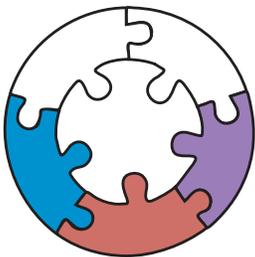
How to understand and evaluate this information:

Credentials. Investigate the type of training a person went through to earn their credential before accepting their health advice. For instance, a physician and a person with a PhD in Art History are both doctors, but only one of them was required to go through health training. Health coach and nutrition certifications can pose a grey area as well. While some require in-depth education and supervised training, others are awarded after a brief home-study course.

Hidden agendas. Consider whether the information source has a conflict of interest. If the author or organization exists to sell a health product, they may make exaggerated claims or hide risky side effects. It is wise to crosscheck their accuracy against reputable health information resources, such as the Center for Disease Control and Prevention (CDC).

References. A quality health resource usually references studies from respected sources, such as peer-reviewed scientific journals and government health organizations. Be skeptical of those that only offer endorsements from celebrities and “people like you.”

Red flags. If a health product sounds too good to be true, it probably is. Anytime a health idea is promoted as “miraculous,” “quick and easy,” or “kept secret by the establishment,” be extra cautious. These claims can be especially dangerous when they are used to sell weight loss products. Meaningful health improvements result from long-term commitments to healthy lifestyle habits.



Truly understanding health information resources allows our health, our families and our economy to thrive.

Common sense. A lot of good health information is tried-and-true: eat your vegetables; be physically active; don't use tobacco. If someone is spreading health advice that goes against common sense, it is especially important to evaluate its credibility.



Get out and be active and exercise.

The human body is built for movement. Our sedentary culture is causing our bodies to experience illness, weight problems and joint issues, along with depression and other mental disorders.

Being active through things like exercise, outdoor games and even walks has many benefits. A little bit of physical activity is better than none at all. By being active for as little as 10 minutes each day you can:

- Cut down your risk of getting heart disease.
- Lower your chance of having a stroke or heart attack.
- Reduce the risk of developing type 2 diabetes or even some cancers.
- Lower your blood pressure if it is too high.
- Make your bones and muscles stronger.
- Have more energy.
- Feel better about yourself.
- Reduce feelings of depression and sadness.
- Keep your weight at a healthy level.
- Sleep better.
- Do daily activities more easily as you get older.

A good goal would be to exercise at least 150 minutes each week – that’s only 25 minutes per day. Your body will thank you!

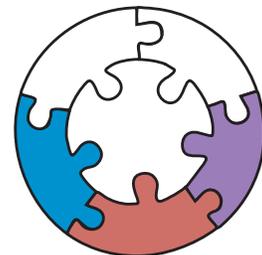
“Those who do not find time for exercise will have to find time for illness.” ~ Edward Smith-Stanley

How to be more active:

While some people like to stay fit by running or going to the gym, those aren’t the only ways to be active. You can get many of the same health benefits by playing with your kids at the playground, gardening, walking a dog at the animal shelter, or taking a dance class. You can also build physical activity into your daily life by riding your bike to the post office, walking your kids to school, or taking the stairs instead of the elevator. Have fun and try a variety of activities until you find one that you enjoy.

“No body is worth more than your body.” ~ Melody Carstairs

*“Movement is a medicine for creating change in a person’s physical, emotional and mental states.”
~ Carol Welch*



The simple act of exercise benefits not only our health but also our family and our economy.



Say “thank you” often.

“Thank you” is a simple expression of gratitude, yet can have a big impact.

By recognizing that another person has done something for you through thanking them, you show that you value them and their actions. They in turn feel good about what they have done for you.

We all need and want to be recognized for the things we do for others. Whether it is from our kids that we drive to school every day, or coworkers who ask us to help them with projects, or our spouses who we make dinner for every night, we need to hear “thank you” from them.

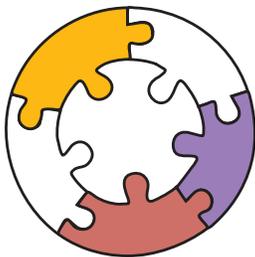
In turn, all those people who help us out in our daily lives need this recognition as well.

“Silent gratitude isn’t much use to anyone.” ~ G.B. Stern

How to show this recognition:

Saying “thank you” to someone doesn’t take any extra time from our busy schedules, yet it can make a positive impact on our day as well as those that we encounter.

- When you wake up each morning, say “thank you” for another day.
- Say “thank you” to each and every person that helps you out in some way – from the coffee shop attendant to the grocery store clerk to the person who holds the door for you.
- We often forget to thank our family members because we are around them all the time. We can take for granted what they do for us. Thank those in your life that make it a better place to be.
- Thank your spouse for working hard for money to pay the bills.
- Thank your kids for cleaning their rooms and doing their homework.
- Thank your school teachers for all the hard work they do.
- Recognize how you feel when someone doesn’t acknowledge what you have done for them. Utilize this feeling to help you remember to thank those who do things for you.



Our health, families and community all thrive when we say “thank you.”

First steps:

When you wake up each morning, say “thank you” for another day.

“Hem your blessings with thankfulness so they don’t unravel.” ~ Unknown

“God gave you a gift of 86,400 seconds today. Have you used one to say ‘thank you?’” ~ William Arthur Ward



Express your own voice with confidence.

Personal health includes not just physical aspects but mental ones as well. A big component of this mental well-being is the ability to speak freely and stand for what you believe. Unfortunately, many of us don't express our own voices or opinions out of fear, insecurities, shyness or for a number of other reasons.

For our mental health to thrive along with many other aspects of our lives, we need to know that our opinions are valuable and we can express our own voices. This creates more open dialog, broader perspectives and a chance for everyone to be heard.

“Confidence comes not from always being right, but from not fearing to be wrong.” ~ Peter McIntyre

How to say what you need to say:

Here are some steps to help you say what you want and need to say with confidence.

1. Don't worry about what other people will think about you when you speak your mind. We all have the freedom of speech, and nobody can take that away from us.
2. Don't let aggressive people intimidate you or keep you from speaking up. If someone is threatened by your opinion or statements, don't back down. Stand your ground and know you have the right to express yourself.
3. Remain calm. It's very important not to let your emotions take over entirely. Remember this is just a conversation. You will be better able to make your point if you speak calmly.
4. Don't shout. Yelling doesn't make people hear you any better. In fact, it can cause them to tune you out.
5. Speak clearly and make yourself heard, without having to yell. Speak just loudly enough so people can hear your voice, and your opinion.
6. Practice speaking your mind around your friends and family. Even for decisions that seem small or unimportant, let your opinion be heard. Be part of the group decision-making process.
7. Believe in yourself! If you believe that what you have to say is important, others will too.

First steps:

Let go of self-judgment and inner criticism. We are our own worst critics and that inner judgment can keep us from speaking our minds. Turn off your own inner critic and turn on your confidence.

“Be who you are and say what you feel, because in the end those who matter don't mind and those who mind don't matter.” ~ Theodor Seuss Geisel (Dr. Seuss)



When we can express our own voice with confidence, our community, family, health and the environment thrive.



Smile, even when you don't feel like it.

Of all the things we can do that could make us feel better, the easiest and one of the most effective ways is to simply smile.

Researchers have proven that smiling has a positive effect on both the mind and body.

1. We are drawn to people who smile. So when we smile, we draw people towards us.
2. Smiling helps calm us down which then has a positive effect on stress and pain.
3. When one person smiles, others smile with them. When you smile and change your mood, it has a positive effect on others around you.
4. Most importantly, smiling automatically lifts our mood. Just try and stay in a down mood when you smile.
5. When you choose to smile, you are choosing to be in a better mental and physical state.

“Keep smiling - it makes people wonder what you've been up to.” ~ Unknown

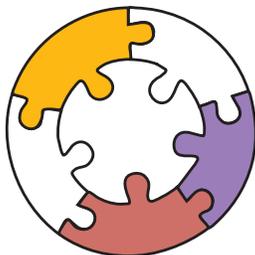
How to really smile:

Although we all know how to, how often do we actually smile? It is too easy to go for days and days without consciously smiling. Fortunately, smiling is pretty easy, just follow these steps:

- Smile every morning in the mirror at yourself.
- Think positive thoughts.
- Smile at people you interact with.
- Keep smiling until it becomes natural – fake it until you make it.

First steps:

Throughout your day, think of something good in your life and take a moment and smile. Even if there is no one to see you smile, it is good practice.



Smiling can have a positive effect on our health, family and community.

*“Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy.”
~ Thích Nhất Hạnh*

*“Every time you smile at someone, it is an action of love, a gift to that person, a beautiful thing.”
~ Mother Teresa*



Have meaningful goals.

When you have goals in life, you have direction and something to strive for. From daily goals of exercise to weekly goals of spending time together to long-term goals of financial security, setting and achieving them can have a big impact on our well-being.

Researchers have found that “People who strive for something significant, whether it’s learning a new craft or raising moral children, are far happier than those who don’t have strong dreams or aspirations.” (*Yes! Magazine*)

Setting goals can help you visualize what you want to be as a family and an individual. It can help you organize your time and resources so that the things you do on a daily basis have meaning.

“You are never too old to set another goal or to dream a new dream.” ~ C.S. Lewis

How to set and achieve your goals:

Here are simple steps you and your family can take to set and achieve your goals.

- 1. Decide what you really want** as individuals and as a family.
 - Setting goals requires that you know what you want in life and by when. Be clear on what you want, and develop a plan to get there.
- 2. Start small, and keep at it.**
 - Goals don’t have to be big. When they are set too high, they could be overwhelming and you may give up. Realize that some goals may be dropped, but keep making them.
 - For the big goals, set them but also include the small goals you will need to achieve to get to the big ones. Even the greatest athletes started with beginning lessons.
- 3. Set goals in small increments** that include time or date, amount or other details.
 - By breaking down your goals in to smaller, achievable units, you are more likely to achieve them.
- 4. Be positive when stating your goals.**
 - Instead of saying “I won’t do ___,” say “I will do ___.” For example, instead of saying “I won’t eat anything bad for me today,” say “I will choose healthy food today.”



5. Spread out your goals.

- Instead of just creating goals that have only to do with one area – money or weight loss – spread them out through various aspects of your life like work, health, family, personal development and money. Make them small and achievable.

6. Don't underestimate yourself.

- We sometimes set our goals too low out of a fear of failure so be aware of your low expectations of yourself.

7. Write them down.

- When you put your goals down on paper you are confirming your willingness to make them come true. And this list is an effective reminder of what you need and want to do. Keep this list where you can easily see it and remind yourself of what you want.

8. Now take action.

- Look at your list on a daily basis and imagine what you will feel like or how things will look when you have achieved the goal.
- Be sure that every action you take or decision you make moves you in the right direction towards achieving that goal.

*“If you want to live a happy life,
tie it to a goal, not to people or things.”
~ Albert Einstein*

*“If you don't know where you are going,
you'll end up someplace else.”
~ Yogi Berra*



*Setting and achieving goals can help
us thrive with our families,
the environment, our health, our
community and our economy.*

*“A year from now
you may wish
you had started today.”
~ Karen Lamb*

So let's get to work ...



Goal Worksheet

Use this worksheet for each goal. And when you have achieved it, keep the sheet as a reminder of all your hard work and accomplishments.

Goal	
Family Member	
Why this goal is important:	
Steps I need to take to reach this goal: <i>(remember to use positive steps – I will, not negative – I won't)</i>	
Milestones / dates for achieving parts of or the whole goal:	
What else do I need to reach this goal:	
Who can help me reach this goal:	



Develop hobbies.

Hobbies are about so much more than just filling time. Having hobbies can reduce our stress levels, lower blood pressure and sharpen our minds as well as bring enjoyment into our lives.

Whether it is playing the guitar, cooking, woodwork or even puzzles, engaging in our favorite hobbies has been shown to boost mental health and help with depression. Hobbies can be a great distraction from the worries of daily life.

In addition, developing or reinvigorating old hobbies can help us develop or maintain our identity and self-esteem because we are involved in activities we truly enjoy.

“We can’t take credit for our talents, it’s how we use them that counts.” ~ Madeleine L’Engle

How to develop a hobby:

If you already have a hobby you enjoy, try and make time for it whenever you can. Share that hobby with your children, they might enjoy it as well.

If you need to develop a hobby, here are some ways to help you find what interests you:

1. Write down a list of activities that you enjoy and figure out which one would be your choice if you could only choose one. Activities can include gardening, cooking, music, drawing, golf, languages, chess, films or dancing.
2. Look at your schedule and decide when you can fit in your hobby. Remember, a hobby is there to give you a break from the stresses of life.
3. Find someone that enjoys the same hobby. They can be a great source of information as well as someone to participate with.
4. Check around for local classes to help you develop your hobby. From craft stores, to local universities to area ski resorts, they all offer classes from beginning to advanced levels.

First steps:

Don’t know where to start, here is a website with good information:

- Discover a Hobby; www.discoverahobby.com

If you already have one but don’t have time to enjoy it, set aside a block of time each day or each week to lose yourself in your hobby. Schedule time for it and adhere to that schedule.



Developing and enjoying hobbies can have a positive impact on our health, families and the community.

“Use what talent you possess: the woods would be very silent if no birds sang except those that sang best.” ~ Henry van Dyke



Limit screen time – TVs, computers and phones.

Time sitting in front of a screen (including your smartphone and tablet) is time not spent moving or interacting with your family and friends. Healthier people are those that are connected with their families and friends via traditional communication channels – NOT including Facebook and text messaging.

Health experts recommend two hours or less of screen time per day, unless it is homework or work related.

How to control the amount of screen time:

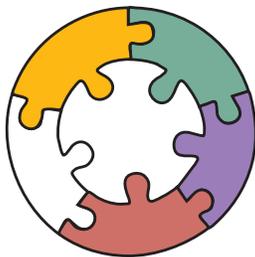
Here are some guidelines for setting time allotments for yourself and your kids:

- Before you turn on the TV or computer, stop and ask yourself if you or your children could spend this time being engaged in other activities?
- Set limits on screen time, this includes the amount of time spent with the phone texting, time online (except for school work), and TV viewing.
- Don't put a TV or computer in you or your child's bedroom. Keep them in common areas to monitor types and amount of use.
- Have a list of indoor and outdoor activities and games for your children so you have alternatives to watching TV. Keep your hobbies close at hand as well so you have something to enjoy when away from the screen.
- Don't have a TV/DVR in your vehicle. Use travel time to talk with your kids, or let them read or draw or just stare out the window watching the surroundings pass by.
- Turn the TV off during mealtimes. Spend this time engaged with your family.
- Have a Screen-Free Day where your whole family turns off the screens and "turns on life." Instead of relying on a screen for entertainment (movies, TV, Internet), read a book, play a game together, go for a walk, spend time with family and friends.

First steps:

Use the following worksheet to log the amount of time you and your family spend in front of a screen. From there you can start to limit screen time and incorporate other activities into your lives. The recommended amount of screen time is less than two hours a day. Screen time charts are thanks to We Can!

Additional blank Screen Time Tracking Logs are available online at www.ThrivingLives.org.



Spending less time in front of these screens can help our family, health, community and the environment thrive.



Screen Time Tracking Log

Screen Time Chart					
Name:			Dates:		
	TV	Video Games	Hand-held Devices	Computer	Daily Total
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Screen Time Chart					
Name:			Dates:		
	TV	Video Games	Hand-held Devices	Computer	Daily Total
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Screen Time Chart					
Name:			Dates:		
	TV	Video Games	Hand-held Devices	Computer	Daily Total
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					



Get regular checkups and screenings from your doctor if possible.

Regular health exams and tests can help find problems before they start. They also can help discover problems early, when your chances for treatment and cure are better.

By getting the right health services, screenings and treatments, you are taking steps that help your chances for living a longer, healthier life. Your age, health and family history, lifestyle choices (i.e. what you eat, how active you are, whether you smoke), and other important factors impact what and how often you need healthcare.

The best place to go for health services is your regular health care provider. However, if you do not have access to a provider, here are two options in Summit County:

- **Summit County Health Department, 435-333-1500, summitcountyhealth.org**
- **People's Health Clinic, 435-333-1850, peopleshealthclinic.org**

Call them for a complete list of services they provide and where to go for other needs.

Here is a list of recommended exams and screenings from the CDC:

- Breast and Cervical Cancer Early Detection
- Cholesterol
- Colorectal Cancer Screening
- Diabetes
- High Blood Pressure
- Oral Health
- Prostate Cancer Screening
- Skin Cancer
- HIV/AIDS
- Viral Hepatitis

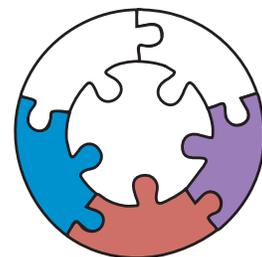


Before your next checkup, the CDC recommends you do these four things:

1. **Review your family health history.** Are there any new conditions or diseases that have occurred in your close relatives since your last visit? If so, let your health care provider know. Your provider will assess your risk of disease based on your family history and other factors.
2. **Find out if you are due for any general screenings or vaccinations.** Have you had the recommended screening tests based on your age, general health, family history and lifestyle? Check with your health care provider to see if it's time for any vaccinations, follow-up exams or tests.
3. **Write down a list of issues and questions to take with you.** Review any existing health problems and note any changes. Be honest with your provider. Be sure to write your questions down beforehand. Once you're in the office or exam room, it can be hard to remember everything you want to know. Leave room between questions to write down your provider's answers.
4. **Consider your future.** Are there specific health issues that need addressing concerning your future? Discuss any issues with your provider so you can make better decisions regarding your health and safety.

Health Exams Resources:

- Importance of Regular Checkups, CDC;
www.cdc.gov/family/checkup/
- Summit County Health Department;
summitcountyhealth.org
- People's Health Clinic;
peopleshealthclinic.org



When we have regular health checkups and screenings, our health, family and economy thrive.



Get regular vaccines.

Vaccines and immunizations are one of public health's greatest triumphs and an important aspect of preventive medicine appropriate for all ages. With the exception of safe water, no other health strategy, not even the production of antibiotics, has had such a tremendous effect on reducing disease and improving health.

Getting the proper immunizations is a simple, lifelong, life-protecting community effort. Recommended immunizations begin soon after birth and should continue throughout life. By staying on target with recommended immunizations, we are not only protecting our families and ourselves; we also protect those around us who would otherwise be exposed to vaccine-preventable diseases.

Don't forget about your pets. They need immunizations throughout their lives as well.

How to be properly vaccinated:

Talk with your health care provider about the necessary vaccines you and your family need. Keep good records of those vaccines so you can stay up-to-date on these important disease prevention measures.

For children with little or no health insurance, the Summit County Health Department has programs to provide some vaccines. Visit them at www.summitcountyhealth.org or call 435-333-1500.

First steps:

Find out which immunizations you need. Even adults need vaccines, especially when traveling. Visit the health department site below for complete information:

- Immunizations, Summit County Health Department;
www.summitcountyhealth.org/children/immunizations/

Additional Vaccine Information:

- Vaccines.gov; www.vaccines.gov
- Vaccines & Immunizations, Centers for Disease Control and Prevention; www.cdc.gov/vaccines/
- How Vaccines Prevent Disease, Centers for Disease Control and Prevention; www.cdc.gov/vaccines/vac-gen/howvpd.htm
- Vaccine information for travelers, Centers for Disease Control and Prevention; wwwnc.cdc.gov/travel/



When we and our families are properly vaccinated we benefit the community, our family and health and our economy.



Quit smoking.

If you are a smoker, quitting can have a huge and immediate impact on your health. In addition, when you quit you can:

- Save money (the average cost for a pack a day smoker is about \$2,200 per year).
- Save time (think of all the smoke breaks you now take and how you could put that time towards work or family).
- Enjoy food more thanks to your sense of smell and taste improving.

The health benefits of quitting smoking are immediate and begin a series of changes that go on for years.

(American Cancer Society)

- **20 minutes after quitting** your heart rate and blood pressure drop.
- **2 weeks to 3 months after quitting** your circulation improves and your lung function increases.
- **1 to 9 months after quitting** coughing and shortness of breath decrease; cilia (tiny hair-like structures that move mucus out of the lungs) start to regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs and reduce the risk of infection.
- **1 year after quitting** the excess risk of coronary heart disease is half that of a continuing smoker's.
- **5 years after quitting** risk of cancer of the mouth, throat, esophagus and bladder are cut in half. Cervical cancer risk falls to that of a non-smoker. Stroke risk can fall to that of a non-smoker after 2-5 years.
- **10 years after quitting** the risk of dying from lung cancer is about half that of a person who is still smoking. The risk of cancer of the larynx (voice box) and pancreas decreases.
- **15 years after quitting** the risk of coronary heart disease is that of a non-smoker's.

Quitting smoking also lowers the risk of diabetes, lets blood vessels work better, and helps the heart and lungs. Quitting while you are younger will reduce your health risks more, but quitting at any age can give back years of life that would be lost by continuing to smoke.

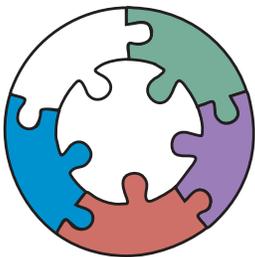


Tips to help you quit:

- **Stay positive.** When you wake up, promise yourself you won't smoke a cigarette that day.
- **Picture success.** Plan ahead and think of how you'll deal with stressful situations without lighting up.
- **Take a breather.** Relaxation exercises help relieve urges to smoke. Remember, these urges to smoke will dissipate over time.
- **Work out.** Exercises such as swimming, running and racket sports help relieve tension and reduce your urge to smoke.

Quitting Resources:

- QuitNet, Don't Quit Alone!;
www.quitnet.com
- Stay Away from Tobacco, American Cancer Society;
www.cancer.org/healthy/stayawayfromtobacco/index
- Tobacco Free Utah, Utah Department of Health;
www.tobaccofreeutah.org



Quitting smoking benefits our health, family and economy and is good for our environment.