



## Feeling Better Day-by-Day

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When you quit smoking, 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 of not smoking may not be as dramatic, but they still make a big difference in your everyday life.<sup>1</sup>

Smoking is bad for almost every organ in your body. When you quit, you help improve your overall health.<sup>2</sup> Within minutes after you have your last cigarette, your body starts to repair itself. And it keeps getting better over time.<sup>3</sup> You may soon notice that:

- You stop coughing<sup>1</sup>
- You breathe more easily<sup>1</sup>
- Everyday tasks do not leave you out of breath<sup>3</sup>
- You regain your sense of taste and smell<sup>1</sup>

All these things can make it much easier for you to do your everyday activities.<sup>1</sup> You may soon be able to:

- Walk up stairs or a hill without getting out of breath<sup>1</sup>
- 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 smell and tastes of what you are eating

You may feel a lot better about yourself, too. It will help your self-image to have<sup>3</sup>:

- 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.<sup>4</sup> You are setting a good example for your children and other people.



## Want to feel even better?

By quitting smoking, 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 doctor before you start. Most people benefit greatly by getting at least 30 minutes of physical activity most days of the week.<sup>5</sup> It may help you stay at a healthy weight, too.
- **Eating a healthy diet.** Ask your doctor for help making an eating plan that is right for you. Eat lots of fruits and vegetables. Limit fat, snacks, and alcohol.<sup>5,6</sup>
- **Learning how to manage stress.** You may have used smoking 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, too.<sup>6,7</sup>

Remember, it's never too late to quit smoking.<sup>3</sup> The sooner you do, the better you'll feel. Once you stop smoking, you may find yourself feeling better day-by-day.

### References:

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