



Try Again to Quit Smoking

"If at first you don't succeed, try, try again."

This old adage cannot be over-estimated when it comes to quitting cigarettes.

In fact, those who continually aspire to quit smoking and make repeated attempts are the ones who eventually stop permanently.

Relapses usually occur within the first 3 months after quitting, and the best way to get over these roadblocks is to plan for them.

Combat weight gain with exercise and healthy snacks; go places where smoking is prohibited, such as museums and theaters; and avoid being around other smokers or "triggers" you relate with smoking.

In all, try to learn from your past attempts, and sign a contract with yourself to stay a nonsmoker.

While quitting isn't easy, it's not impossible; more than 3 million people succeed each year.

That's today's Health Tip from _____ .