

# Are You Ready to

# QUIT SMOKING?



We all know the negative side effects of smoking, but these side effects can be exacerbated by the sedentary lifestyle of truckers.

It's never easy to kick the habit, but here are a few tips for doing so:

## 01

### SET A COLD TURKEY DATE

Look at the calendar and pick a date that is one or two weeks from now. Circle the date on your calendar and make that your quit date. Don't try to stop or slow your smoking before then. Simply look forward to that day as your first as a non-smoker.

## 02

### USE NICOTINE REPLACEMENT

Some people aren't able to quit "cold turkey." Instead, you could choose from gum, patches and lozenges. You may choose to cut back on cigarettes slowly and replace your usual smokes with one of these options.

## 03

### TRY A VAPORIZER

E-cigarettes are another form of nicotine replacement that deserve their own category when it comes to quitting smoking. If you choose to use this method, be sure to follow all the manufacturer's guidelines to avoid burns or explosions.

## 04

### CONSIDER HYPNOSIS

Some people find hypnosis hokey, but others have found it to be incredibly helpful. People have undergone hypnosis in private sessions, in group sessions, and in the privacy of their own homes using an app on their phone.

## 05

### GET A PRESCRIPTION

Prescription medications are available for people who want to quit smoking, but need a bit of help. A doctor can prescribe these medications after performing an exam and gathering your medical history.

Learn more at:

[EncoreProtection.com](http://EncoreProtection.com)

