

Remember



Stay positive!

When you wake up, promise yourself that 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 are temporary!

Work out

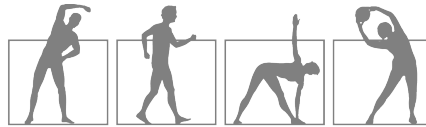
Exercise helps to relieve tension and reduces your urge to smoke.

Make a plan to improve your over-all health!



**For more information
or to schedule an
appointment call**

Essy Moveman, RRT, RCP, AE-C, TTS
☎ (603) 924-4699 ext. 4291



The Bond Wellness Center

Monadnock Community Hospital

458 Old Street Road

Peterborough, NH 03458

Phone (603) 924-4650

Fax (603) 924-4651

www.monadnockhospital.org

**Financial assistance is available
for all Wellness Center Programs.**

QUIT to be FIT



Individual

Tobacco

Counseling

Wellness Coaching

Exercise

It is never too late to quit. Even after years of heavy smoking the body retains an amazing ability to heal the damage caused by cigarettes.

20 Minutes After Quitting

Your heart rate drops.

12 Hours After Quitting

Carbon monoxide levels in your blood drops to normal.

2 Weeks to 3 Months After Quitting

Your lung function begins to improve.
Your heart attack risk begins to improve.

1 to 9 Months After Quitting

Your coughing and shortness of breath decrease.

5 Years After Quitting

Your stroke risk is reduced to that of a non-smoker's 5 - 15 years after quitting.

10 Years After Quitting

Your lung cancer death rate is about half that of a smoker's.
Your risk of cancer's of the mouth, throat, esophagus, bladder, kidney and pancreas decreases.

15 Years after Quitting

Your risk if coronary heart disease is back to that of a non-smoker's.



Even one cigarette a day can prevent the beneficial healing described above.

QUIT to be FIT is a unique approach designed to help those who are addicted to tobacco become smoke-free.

Individual sessions with a Tobacco Treatment Specialist *

A focused evaluation

Treatment strategies based on what will work for *you*

Establish a plan

Support and follow-up

Individual sessions with a Wellness Coach **

Clarity, Motivation and Direction in achieving a healthier *you*

Strategies for behavior change

Exercise **

Fitness evaluation

Personal trainer

* Physician Referral Required
Most insurances cover Tobacco Counseling


** Services are self-pay

Tobacco Cessation Counseling, focusing on problem solving and skills training techniques in combination with nicotine replacement therapy, appears to be *the most effective and successful* strategy to quit smoking.

'Tobacco dependence is a chronic disease that often requires repeated intervention and multiple attempts to quit. Effective treatments exist, however, that can significantly increase rates of long-term abstinence.'

Treating Tobacco Use and Dependence:
2008 Update
Clinical Practice Guidelines; U.S.
Department of Health and Human Services

To schedule an appointment call

Essy Moverman, RRT, RCP, AE-C, TTS
 (603) 924-4699 ext. 4291

