**No Smoking Day**

**14 March 2018**

## It's No Smoking Day on 14 March - the perfect time to quit smoking. For free support going #Smokefree, visit [www.nhs.uk/smokefree](https://www.nhs.uk/smokefree)

Quitting smoking is the best thing you'll ever do for your health, your family and your wallet! So, this No Smoking Day, join the millions who've already gone #Smokefree. Visit [www.nhs.uk/smokefree](https://www.nhs.uk/smokefree)

Everyone's different, which means the way you quit smoking needs to be your choice. It's all about working out what's right for you to increase your chances of quitting for good.

**10 steps to stopping smoking**

**Stopping smoking isn't easy, but there are things you can do to improve your chances of success. Read our ten top tips:**

1. **Pick a quit date**

Choose a day that will be stress-free, and stick to it.

1. **Make a list**

Write down all the reasons you want to quit. Keep the list handy and read it when the cravings start.

1. **Build a support network**

Pair up with someone else who's looking to give up smoking and support each other.

1. **Remove any reminders**

Before your quit date, get rid of ashtrays, lighters and matches, and any remaining cigarettes.

1. **Use stop smoking services**

Contact your local [NHS Stop Smoking Service](http://www.nhs.uk/smokefree) for support from trained specialists.

1. **Try nicotine replacement therapy**

Consider using nicotine replacement therapy, which can more than double your chances of stopping smoking.

1. **Start moving**

Scientific studies have proven that exercise, as little as a five-minute walk or stretch, cuts the urge to smoke and may even help your brain produce anti-craving chemicals.

1. **Avoid trigger situations**

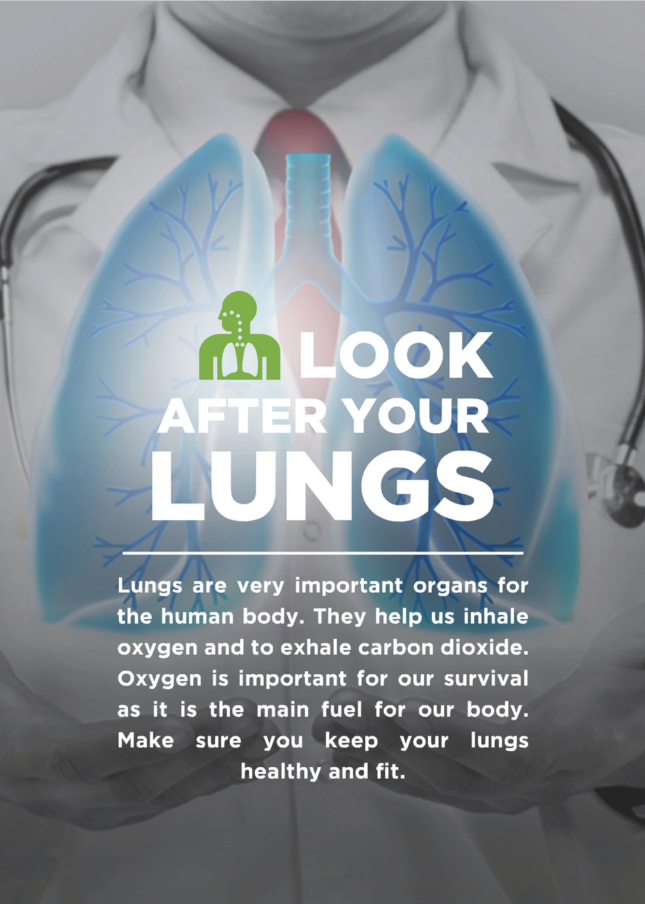
Anticipate stressful or trigger situations. So, if you smoke after a meal, go for a short walk instead.

1. **Practise saying "no"**

Don't be tempted by just one cigarette; it often leads to another.

1. **Treat yourself**

Put away some, or all, of the money you would have spent on cigarettes and buy something special.

**[](http://www.mineralproducts.org/documents/Look_after_your_lungs_Poster.pdf)Quit smoking to live longer**

Half of all long-term smokers die early from smoking-related diseases, including [heart disease](https://www.nhs.uk/conditions/Coronary-heart-disease/Pages/Introduction.aspx), [lung cancer](https://www.nhs.uk/conditions/Cancer-of-the-lung/Pages/Introduction.aspx) and [chronic bronchitis](https://www.nhs.uk/conditions/Bronchitis/Pages/Introduction.aspx).

Men who quit smoking by the age of 30 add 10 years to their life. People who kick the habit at 60 add three years to their life.

In other words, it's never too late to benefit from stopping. Being smoke-free not only adds years to your life but also greatly improves your chances of a disease-free, mobile, happier old age.

Please display the [Health Essential Poster – Look After Your Lungs](http://www.mineralproducts.org/documents/Look_after_your_lungs_Poster.pdf) on notice boards and share with your teams.

Also take the opportunity to print off the  [CEMEX Workplace Wellbeing Calendar](http://www.mineralproducts.org/documents/CEMEX_Workplace_Wellbeing_Planner_2018.pdf) if you haven't already and track the wellbeing awareness days throughout the year.