

JANUARY 2023

# QUIT BRIEF



## BENEFITS OF LIVING TOBACCO FREE IN 2023

It's time to ring in the New Year, and if Service members are on the fence about ditching tobacco this year, encourage them to check out YouCanQuit2's new [video on the positive impacts of quitting](#). Share these perks of creating a tobacco free 2023 so they can thrive in all areas of their lives:

- **Save more money.** The money you save by quitting tobacco can help you pay off bills, reach your savings goals or afford something on your wish list. [Don't let tobacco take a toll on your bank account](#) - start by using the [savings calculator](#) to figure out how much you could save once you quit for good.
- **Build a better sex drive and enjoy sex more.** Tobacco in any form can cause erectile dysfunction in males and impact hormones and sexual response in females. Don't let tobacco kill the mood - kick tobacco to the curb to crush your bedroom game this year!
- **Have a whiter smile and clearer skin.** Prioritize yourself this year by swapping tobacco for a new year glow! Become tobacco free for a brighter smile, reduced risk of tooth decay and mouth/throat cancer and fresher breath. Quit for good to prevent more skin damage and add a glowing tone to your skin and face! Think - new year, new you!
- **Grow stronger and prevent bodily damage.** Ditch tobacco in the new year to [grow stronger bones](#) and have more energy to smash your PT test. Bonus points for also preventing further bodily damage to eyes and ears once becoming tobacco free (hint: nicotine can reduce your night vision). Prioritize your body this year - which might pay off in more ways than one.
- **Spend more time with loved ones.** Living tobacco free means spending more time with friends or family (bonus: they can also support you when the quit gets tough!). Make a goal this year to reach out when you feel the urge to use tobacco. Whether it's watching movies or crushing a lifting session, sometimes connection is just what you need to distract yourself.

Ask Service members if any of these benefits of quitting help tip the scale towards becoming tobacco free. Also ensure they know there are [quit resources](#) to support them in 2023, no matter where they are in their quit journey.

## QUIT RESOURCES

Let Service members know about these online interactive tools so they can make their future tobacco free.



24/7 QUIT TOBACCO LIVE CHAT



YOU CAN QUIT 2 QUIT PLAN



SUPPORT LOCATOR

## THE CAMPAIGN

Encourage Service members to kick off 2023 with healthy habits, starting with [fueling their bodies without nicotine and tobacco](#). Remind them that what they put into their body is what they get out of it, and tobacco is no exception.

## ONE LAST THING



The Great American Spit Out (GASpO) is around the corner on February 23. Find ready-to-use messaging and quit resources on the [Observances and Events page](#) to share with Service members about [smokeless tobacco](#). Also remind them that all forms of tobacco are harmful and there are resources to help them kick tobacco to the curb.

All topics and resources highlighted in the e-Newsletter can be found at [www.ycq2.org](http://www.ycq2.org).

YOU CAN QUIT 2

[www.ycq2.org](http://www.ycq2.org)

## MAKE YOUR FUTURE TOBACCO FREE

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