

4 REASONS TO QUIT SMOKELESS TOBACCO



Do your Service members need a little extra motivation to quit using dip, snuff or chew? Encourage them to quit smokeless tobacco for 24 hours or more on Feb. 21 for the Great American Spit Out (GASPO).

Share the following four reasons to quit:

- 1. A one-can-a-day habit can cost more than \$1,100 a year.** Save yourself that extra cash and jot down a few other items you can use the money on instead.
- 2. Smokeless tobacco is just as addictive as cigarettes.** Swapping out cigarettes for dip isn't a healthy trade off. Dip actually contains MORE nicotine than cigarettes.
- 3. Nicotine decreases muscle strength and increases blood pressure.** Don't hurt that peak performance shape you're in. Instead, put down the chew and snack on some sunflower seeds or an apple!
- 4. Smokeless tobacco can stain your teeth and cause tooth decay (gross!).** Find out if what you've heard about smokeless tobacco is a [myth or a fact](#).

Continue to motivate Service members to live tobacco free by sharing these additional [reasons for quitting dip](#) and encourage them to sign up for the [DipfreeTXT Program](#). Get everyone motivated to quit smokeless tobacco once and for all on Feb. 21!

THE LATEST IN TOBACCO



A Centers for Disease Control and Prevention study finds that one in four American nonsmokers are [still exposed to secondhand smoke](#). Make sure Service members know that secondhand smoke is harmful to everyone and encourage them to steer clear of DTUAs on their base. No exposure is the best exposure.

THE CAMPAIGN

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ONE LAST THING



Ask your Service members who they would quit tobacco for this Valentine's Day. There's no better present for a significant other than the gift of quitting tobacco. Encourage them to think about for whom and why they want to quit and make it the best Feb. 14 yet!



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