



Take up the challenge of a lifetime



Stop smoking with the *Quit to Win! Challenge*. Register now, until March 1st, 2015: www.defitabac.qc.ca.

True or False:

Smoking "lights" is less harmful for your health. - *False*

So-called light cigarettes, containing less tar or nicotine, are no less harmful, and neither are they effective in helping you quit smoking. Studies show that smokers who switch to light cigarettes will automatically smoke more of them, since their bodies are used to a certain dose of nicotine.

The smoke from my cigarettes can cause health problems in others. - *True*

Second-hand smoke consists of smoke exhaled by the smoker, smoke given off by the lighted cigarette and substances resulting from the combustion of the paper and the filter. It contains roughly 2 times more carbon monoxide, 3 times more nicotine, 8 times more formaldehyde, and 240 times more ammonia than the smoke inhaled directly by the smoker.

Smoking can lead to premature aging of the skin. - *True*

Cigarettes cause the skin to age, even more than the sun or the passing of the years. It also turns the complexion of the skin dull and greyish.

Tips and tricks

- To avoid the temptation of smoking after meals, leave the table and go brush your teeth!
- A craving to smoke usually only lasts a few minutes. When one happens, eat a candy or chew a stick of gum to keep your mouth busy.
- Drink plenty of water.
- Buy yourself a piggy bank. Each day, set aside the money you save by not buying cigarettes. You will be surprised to see that it grows very quickly! Just for fun, calculate the savings in one week, one month and one year.
- Write down the reasons that have motivated you to quit smoking on a piece of paper and read the list every night.

(Source : www.defitabac.qc.ca)

www.jaibesoinaide.ca



This website offers a directory of various organizations available in every region, allowing to quickly locate the desired service for either addictions, domestic violence or even to find food services.

(Source : www.jaibesoinaide.ca)

Extreme cold - reduce your risk

- * Always wear clothing appropriate for the weather. Synthetic and wool fabrics provide better insulation.
- * Dress in layers with a wind resistant outer layer.
- * On sunny days wear sun glasses, lip balm and sunscreen to protect your skin from UV rays and keep it moisturized to help prevent windburn.
- * Keep moving (especially your hands and feet) to keep your blood flowing and maintain your body heat.
- * Pay attention to weather alerts in your area. Environment Canada issues wind chill alerts to warn you of conditions that will cause frostbite to exposed skin.
- * Prepare your home for cold winter temperatures by doing regular maintenance. Make sure your heating system is working efficiently and seal all cracks and drafts to keep the heat in.
- * Avoid alcohol. Consuming alcohol before you go out in the cold may increase your risk of hypothermia because it increases blood flow to the extremities of the body. You may actually feel warm even though you are losing heat.

(Source : www.hc-sc.gc.ca)

Ways to stay active in winter

It's tough to get motivated when the wind is howling or the snow is blowing, but don't give up all thoughts of staying active – indoors or out.

- * **Find a fun activity.** As the seasons change, explore new outdoor activities such as cross-country skiing and snow-shoeing.
- * **Create a home gym.** You can easily set up a great workout area in your living room or basement and buy some inexpensive equipment such as stretch bands and a stability ball.
- * **Get wet.** Find a local indoor pool. Try swimming, water aerobics or running laps in the water.
- * **Visit a library.** Sign out free exercise DVDs, including dance, step, aerobics and Pilates programs.

(Source : www.fmcoeur.qc.ca)