



Perth District  
Health Unit

## Driven to Quit Smoking Challenge Draws 192 Entries in Perth County!

**FOR IMMEDIATE RELEASE**  
**Wednesday, March 11, 2009**

**Perth County** —The Driven to Quit Smoking Challenge is now underway! This year there are 22,357 entries in Ontario, with 192 Perth County residents taking up the challenge.

Participants must remain smoke-free for the entire month of March to be eligible for a prize draw. The grand prize is a 2009 Chevrolet Malibu hybrid car. Other prizes include one of two \$5,000 vacation getaways and one of seven \$2,000 gift cards to Canadian Tire. “We are pleased that so many individuals in Perth County have chosen now as the time to quit,” says Adrienne Wood, Public Health Promoter at the Perth District Health Unit.

To stay healthy and smoke-free, Wood offers the following tips:

### **Be prepared for Triggers**

“Understand the reasons why you smoked and what the triggers are for you,” advises Wood. Such triggers can include morning coffee, after a meal, social situations and stress. Prepare a clear plan on how to deal with triggers and stick to it. You may want to change your habits to avoid the triggers. For example, doing something different, such as going for an after dinner walk is a healthy activity that can take the place of the after dinner cigarette.

### **Healthy Eating and Active Living**

Try not to replace cigarettes with food or unhealthy snacks. Follow Canada’s Food Guide to Healthy Eating and have low sugar, low-fat substitutes handy at all times. Try carrot and celery sticks or sugarless gum. Drinking lots of water will help to reduce the withdrawal symptoms you may experience. Taking part in some type of physical activity will also help to decrease withdrawal symptoms and reduces stress. Go for a brisk walk, do some stretches, join a class or a gym. Wood states that, “even taking a few deep breaths can often help you get through a craving.”

### **Seek Support**

There are many supports for people trying to quit smoking. The Stop Smoking Clinic at the Perth District Health Unit offers free one-on-one counselling; call 519-271-7600 ext 704 for an appointment. People can also call Health Line for support at 519-271-7600 ext 267. Listowel area residents call 1-877-271-7348 ext 267. Residents can also call Smokers’ Helpline at 1-877-513-5333 or visit [www.smokershelpline.ca](http://www.smokershelpline.ca)

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