

# Quit Smoking

Although it may seem overwhelming to quit smoking while you're dealing with cancer treatment or recovery, it's never too late to quit.

## TRY THIS

**Build a quit plan.** Set your quit date. Choose your reasons for quitting. Prepare to fight cravings.

**Explore nicotine replacement options.** These provide nicotine that can help you fight cravings.

**Stay active.** Find ways to fit regular exercise into your life.

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## CHECK THIS OUT

**Visit** the Springboard page Quit Smoking.

<https://survivorship.cancer.gov/springboard/wellness/quit-smoking>

**Download** the QuitGuide app on your mobile phone.

<http://go.usa.gov/xaKpH>

**Sign** up for the SmokefreeTXT text messaging program.

<http://go.usa.gov/xaKvW>

**Build** your Quit Plan online. <http://go.usa.gov/xaKvR>