

FLYING TO FREEDOM?

**You haven't smoked since you entered the airport.
Why not take it further?**

This in-flight smoking cessation card has been developed on behalf of the “**Ex-Smokers are Unstoppable**” campaign, an initiative of the **European Commission** to promote the benefits of a life without tobacco.

EX
SMOKERS
ARE UNSTOPPABLE

5 'TOP TIPS'

to support a smoke-free flight and a smoke-free life!

- 1.** Take slow sips of water to help clean out your system. Without a cigarette you will quickly feel better physically – your heart rate and blood pressure will begin to normalise within 20 minutes!
- 2.** Take deep breaths to distract and delay your cravings. Your lungs will soon be able to take in more oxygen and make it easier for you to breathe.
- 3.** During your flight, make a list of the benefits of becoming an ex-smoker. Include better health, more money and a renewed zest for life!
- 4.** Consider a walk down the aisle to distract yourself from thinking about smoking and get some exercise at the same time.
- 5.** Set yourself a quit date! Why not make it today? Right now is the beginning of a journey, the perfect time to become an ex-smoker.

As you leave the airplane today, take a moment to congratulate yourself on remaining smoke free. Celebrate each step you are taking towards a stronger health. Remember, you don't have to do this alone. For further information about combined support and treatment, ask your nurse, doctor or pharmacist to help you become an ex-smoker!

BECOME AN 'UNSTOPPABLE' EX-SMOKER TODAY!

This card has been developed on behalf of “**Ex-Smokers are Unstoppable**”, an initiative of the **European Commission** with the support of the **European Lung Foundation (ELF)**, **European Respiratory Society (ERS)**, **Education for Health** and **TAP Portugal**.

The ELF (www.european-lung-foundation.org) is an organisation dedicated to providing information to patients about lung disease and raising public awareness about the importance of good lung health. The ERS (www.ersnet.org), Europe's largest membership organisation for respiratory professionals supports advocacy, training and education for tobacco control and smoking cessation activities in Europe. Education for Health (www.educationforhealth.org) is a clinical education charity which educates healthcare professionals and patients in lung and heart health to improve the lives of young people living with, or at risk of, respiratory and cardiovascular disease.



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