

FREEZE NICOTINE CHALLENGE

#BREATHECHALLENGE

It's a New Year, which means a New You! Take the challenge to **freeze nicotine use for 30 days!**

DO YOU ACCEPT THE CHALLENGE?

YES!

If you accept, you will:

- Feel Healthier
- Save Money
- Be closer to quitting

Nicotine products include:

- Cigarettes/cigars
- Vapes/e-cigarettes
- Chewing tobacco/nicotine pouches

<p>1</p> <p>Remove nicotine products from your home and car</p>	<p>2</p>  <p>Call 1-800-QUIT-NOW for support</p>	<p>3</p> <p>Make a list of self-care ideas</p>	<p>4</p> <p>Try deep breathing exercises</p>	<p>5</p>  <p>Read a book</p>	<p>6</p> <p>Take a walk when craving nicotine</p>
<p>7</p>  <p>Avoid smoking areas</p>	<p>8</p> <p>Add fruits to meals</p>	<p>9</p> <p>Color or draw to distract cravings</p>	<p>10</p> <p>Use a stress ball to squeeze out cravings</p>	<p>11</p> <p>Add vegetables to meals</p>	<p>12</p>  <p>Drink more water</p>
<p>13</p> <p>Try a healthy snack over a sugary one</p>	<p>14</p>  <p>Take a 30-minute walk</p>	<p>15</p> <p>Do an active chore like vacuuming</p>	<p>16</p>  <p>Try a home dance workout</p>	<p>17</p> <p>Jog 1 min, walk 1 min, for 30 min</p>	<p>18</p> <p>Start a new hobby</p>
<p>19</p>  <p>Try an at-home workout</p>	<p>20</p> <p>Chew hard candy or gum for cravings</p>	<p>21</p> <p>Find new healthy snacks or meals</p>	<p>22</p> <p>Do an outdoor activity</p>	<p>23</p> <p>Hang out with supportive people</p>	<p>24</p>  <p>Learn a new skill</p>
<p>25</p> <p>Declutter a space</p>	<p>26</p>  <p>Practice yoga</p>	<p>27</p>  <p>Complete a puzzle</p>	<p>28</p> <p>Journal about your nicotine free journey</p>	<p>29</p> <p>Share your success with family and friends</p>	<p>Celebrate! You've completed the challenge!</p>



Watch a short video to learn more about how to quit smoking!

Post about your journey and success on social media using these hashtags: #BreatheChallenge, #NewYearNewMe, #NicotineFree2026, #NoMoreNicotine, #Healthy2026, #FreezeNicotine, or #LeaveTheNic.

Breathe
Healthy Steps to
Living Tobacco Free



Developed and Designed by McMillen Health



Learn about the benefits of quitting smoking!