

BE IN THE KNOW: 50 THINGS TO DO BESIDES USING TOBACCO...



There are so many fun things to do besides using tobacco.

LOOK AT WHAT ALL YOU CAN DO:

1. Read a book,
2. Listen to music,
3. Walk the dog,
4. Talk to a friend,
5. Swim,
6. Drink a cool glass of water,
7. Start a journal or scrapbook,
8. Wash and wax the car,
9. Go for a walk or jog,
10. Listen to relaxing music,
11. Try painting/redecorating your room,
12. Treat yourself to an afternoon of shopping with friends,
13. Read a magazine,
14. Teach the dog a new trick,
15. Go fishing, hunting or camping,
16. Take a nap,
17. Go to a museum,
18. Work in the garden,
19. Work around your home,
20. Practice yoga,
21. Play video games,
22. Go out to eat,
23. Watch a ballgame,
24. Learn a martial art,
25. Play tennis,
26. Try skateboarding,
27. Meditate,
28. Play (or learn to play) a musical instrument,
29. Call an old friend,



30. Write (journal, letter to the editor, poem or book),
31. Join a club,
32. Go to the movies,
33. Cook or bake,
34. Have someone over for dinner or to watch movies,
35. Play soccer,
36. Go to a library or bookstore,
37. Make up your own hip-hop dance,
38. Solve puzzles (crossword or Sudoku),
39. Have a picnic with friends,
40. Host a board game night with family or friends,
41. Play pick-up basketball,
42. Go bowling,
43. Bike around your neighborhood,
44. Go to a garage sale or flea market,
45. Get a manicure or pedicure,
46. Enjoy a nice walk in a park,
47. Dance, dance, dance,
48. Grab a healthy snack,
49. Brush your teeth and enjoy that fresh taste, or
50. Laugh at a good joke.



For more ideas go to: http://www.cancer.org/docroot/PED/content/PED_10_13X_Help_for_Cravings.asp

Resource: American Cancer Society. *Kicking Butts: Quit*

IF YOU OR SOMEONE YOU KNOW WANTS TO QUIT SMOKING OR DIPPING, PLEASE CLICK OR CALL:

1-800-QUIT-NOW
QuitlineNC.com



About the Tobacco Prevention and Control Branch (TPC)

The North Carolina Tobacco Prevention and Control Branch works to improve the health of North Carolina residents by promoting smoke-free environments and tobacco-free lifestyles. Our goal is to build capacity of diverse organizations and communities to implement and carry out effective, culturally appropriate strategies to reduce deaths and health problems due to tobacco use and secondhand smoke.

About TRU:

TRU is North Carolina's youth-led grassroots movement that has helped bring our state's teen smoking rates to the lowest on record. TRU stands for Tobacco.Reality.Unfiltered. Our name says a lot about us. We bring home the reality of tobacco use and are on our way to creating the state's first tobacco-free generation. The TRU movement rallies teens to take a stand against tobacco use and get the message out with activities like working with the media, encouraging local businesses to go tobacco-free or holding "cigarette butts pick-up" events.

To find out more about TRU, please visit: www.realityunfiltered.com



TOBACCO REALITY UNFILTERED
REALITYUNFILTERED.COM

TRU IS MAKING A DIFFERENCE. For more information about **TRU** in your community and how you can get involved, contact me to learn more:



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Join the movement

WE ARE A FORCE OF TOBACCO-FREE GOODNESS



WHAT WILL YOU DO AS A TRU TEEN?



It's official: teen smoking is now at an all-time low. Across the state, teens are making sweeping changes. And you can help. As a TRU teen you will:

- Encourage others to become tobacco-free,
- Educate your peers,
- Speak to community leaders and decision makers,
- Meet with other teens in your region and across the state, and
- Develop fun, creative activities.

Meet New People

Express Yourself

Build Your Resume

Show Your Care



CONTACT INFORMATION:
 INSERT COORDINATOR NAME
 INSERT AGENCY NAME and ADDRESS
 INSERT PHONE NUMBER
 INSERT EMAIL ADDRESS

