

Tobacco Use Cessation

Tobacco Cessation Guideline

<http://www.surgeongeneral.gov/tobacco/>

How To Quit

Smoke Free

<http://smokefree.gov>

Internet Quit Smoking Support

“Quitnet” Online Support (Boston University)

<http://www.quitnet.com/>

Freedom From Smoking Online (American Lung Association)

<http://www.ffsonline.org>

Publications

1.  [Clearing the Air - Smokefree.gov](#)- This pamphlet is designed to help the smoker who wants to quit and offers a variety of approaches to stop smoking.
2.  [Help for Smokers: Ideas to Help You Quit](#) - This publication offer information about how to quit smoking, what to do if you have tried to quit before, how to quit if you are pregnant, current treatments and additional resources.
3.  [You Can Quit Smoking Now!](#) - This consumer guide provides reasons, tips, and resources on how to quit smoking.
4. [How Can I Handle the Stress of Not Smoking? - American Heart](#) - This publication offers information about how to handle the stress of not smoking, how to cope when you get the urge to smoke, how exercise can help and resources to learn more.

5. [The National Partnership to Help Pregnant Smokers Quit](#) - This guide is for pregnant women who would like to quit smoking.
6. [Interagency Committee on Smoking and Health's National Action Plan on Cessation](#) - This publication offers information about preparing yourself to quit smoking, the use of medications and staying smoke free.
7. [Smoking: "Why Do I Smoke?" Quiz \(Copyright © AAFP\)](#) - This on-line resource is a quiz to help you to see why you smoke.

Organizations

1.  [Cancer Information Service, NCI, NIH, HHS](#)
2.  [National Clearinghouse for Alcohol and Drug Information, CSAP, SAMHSA, OPHS, HHS](#)
3.  [National Heart, Lung, and Blood Institute Information Center, NHLBI, NIH, HHS](#)
4.  [National Women's Health Information Center, OWH, HHS](#)
5.  [Tobacco Information and Prevention Source, Office on Smoking and Health, NCCDPHP, CDC, HHS](#)

 Indicates Federal Resources

Physical Fitness and Sports

Exercise Diary by American Heart Association

Track your progress towards chosen fitness goals using our online exercise diary. Just record your daily, weekly or monthly exercise regimen.

<http://www.justmove.org/diary/login.cfm>