

## Elizabeth Quit. Now She Can Help You.

When you call the Quit For Life® Program, you'll talk with a highly trained Quit Coach®, many a former tobacco user like Elizabeth McBrayne. She overcame some of the same struggles you will face, and she understands what it takes to quit for good.

**Name:** Elizabeth McBrayne **Hometown:** Phoenix, Arizona

**What motivated you to quit for good?** I was pregnant. I tried before, and I had quit for years. But I started again.

**What helped you during your quit?** I got into exercise. I realized the longer I was quit, the better I was at exercising. Deep breathing was really helpful when I was pregnant.

**What has quitting smoking helped you do better?** I can run a 10-minute mile. I could never do that before. I was at like 17 minutes when I started working out. I have asthma, so I couldn't walk up a hill without being completely out of breath.

It's FREE. It's Confidential. It works.

1.866.QUIT.4.LIFE | [www.quitnow.net](http://www.quitnow.net)

(1.866.784.8454)



The Quit For Life® Program is brought to you by the American Cancer Society® and Free & Clear®. The two organizations have 35 years of combined experience in tobacco cessation coaching and have helped more than 1 million tobacco users. Together they will help millions more make a plan to quit, realizing the American Cancer Society's mission to save lives and create a world with more birthdays.

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