

EVEN AFTER A CANCER DIAGNOSIS

Quitting Smoking & Being Physically Active

MAKE A DIFFERENCE



...to your treatment outcomes

Quitting smoking after a cancer diagnosis can improve treatment outcomes by up to 40%.

...to your quality of life

Physical activity can improve your sleep, your mood and mobility. It can help with your ability to do daily activities like tasks you need to do and those fun things you want to do.



...to your energy

Fatigue is one of the most common side effects of cancer treatment. Some physical activity each day can help to manage fatigue giving you more energy to do the things you enjoy.

...to your future health

Not smoking and being active can improve your treatment outcomes, energy, and quality of life. Staying smoke-free and being active can help you to thrive!



**Ask your Health Care Team
About Programs and Supports Available to You**