



# Ash Kickers Newsletter

Helping You to Quit and Stay Quit

March 2006

## Ash Kickers Newsletter

A monthly online resource to help individuals who want to quit smoking or are struggling to remain smoke-free

### ITS NOT TOO LATE! Sign up for our Ash Kickers Smoking Cessation Classes!

Designed for adults who desire to quit smoking, this program will walk you through the process to quit and stay quit. During the seven-week course, participants quit together and help each other through group support.

For more information or to sign up, visit [www.lungsrus.org](http://www.lungsrus.org) or call us at (408) 998-5865.

#### March 9 through April 20

Thursday Evenings  
7:00 pm to 8:30 pm  
O'Connor Hospital Medial Offices  
Cardiopulmonary Rehab Center,  
Conference Room  
2101 Forest Avenue  
San Jose, CA 95128

#### Contact Us

Breathe California  
1469 Park Avenue  
San Jose, CA 95126  
Phone: (408) 998-5865  
Fax: (408) 998-0578  
<http://www.lungsrus.org>  
[info@lungsrus.org](mailto:info@lungsrus.org)

## Tip of the Month: Exercise... A Miracle Drug for Quitting Smoking!

*"Walking quickly for 20 minutes made me feel stronger. I went a little farther or a little faster every day. And I started parking in the far section of the lot at work. Doing this and walking three or four times a week, I even lost a little weight." – Former Smoker*

Exercise helps many people quit smoking. It can help you relax and control your weight. Exercise can be as simple as choosing the stairs instead of the elevator, or getting off the bus a stop or two early.

If you want to try a little more, and you're not already used to exercise, try walking. Twenty minutes at a steady pace three or four times a week is good for your body. Most people can handle that much exercise without too much trouble.

If you're over 40 or have any physical problems (i.e. heart disease, high blood pressure, shortness of breath, joint pain), consult your doctor first.

Breathe California has many resources on quitting smoking. Visit our webpage at [www.lungsrus.org](http://www.lungsrus.org) or call us at (408) 998-5865 for more information.

## Smokers Pay Higher Premiums on Health Insurance

*L.A Times, February 21, 2006*

Smoking is once again becoming a more expensive habit. Many employers have begun charging their smoking employees \$20-\$50 more per month for health insurance. While this has caused unease among many smokers, proponents argue that the higher premiums will help offset the fact that health care is 25% higher for smokers than non-smokers. As a result they hope the extra cost will motivate people to quit smoking and lower health care costs for both the companies and their workers.

The Centers For Disease Control and Prevention estimates that the economic cost of smoking is responsible for \$75.5 billion a year in healthcare expenses. "In addition to employers having to pay out more in healthcare costs, public opinion is now solidly on the side of eliminating smoking, and workers are realizing increasingly that they are having to pay for others' lifestyle choices," said Helen Darling, president of the National Business Group on Health, which represents more than 200 of the nation's large employers.

Visit <http://www.latimes.com/business/la-fi-smokers21feb21,1,2205237.story> to read the full text of the article.