

Rhonie Hiatt

Healthy Hall of Fame: Fall 2016

The Start: In January of 2016, Rhonie put down the cigarettes and became a non-smoker! After deciding she was ready to have children, Rhonie made a New Year's Resolution to stop smoking. Now, she remains a non-smoker and has a baby due in November.

Goals: She set goals for herself which included not spending money on cigarettes and staying away from those who smoke. It only took her about 2 weeks to completely quit. She feels better and can feel the fresh air in her lungs when walking.

Activities: Some of the activities she enjoys instead of smoking are reading, swimming, walking, baking, sewing—all of which are better remedies for stress management than smoking.

Motivation: Her initial motivation for quitting was the hope for a baby. Now she says it's expensive, time consuming, and it smells bad. She sticks with it because she doesn't want to be a slave to cigarettes and feels free from the weight of being a smoker.

Advice: Her advice for others is to have a reason for why you want to quit smoking and stick to it. You will save money and be less stressed because smoking doesn't actually change stress levels.