

## **Five Reasons Not To Smoke**

You've had a rough day at work. Now that it is almost time to leave, all you can think about is getting outside so you can light a cigarette. Nothing seems to ease your mind and help you get rid of stress like smoking your favorite cigarette. Although it may seem like smoking helps you feel better, there are many side effects which can leave you in poor health.

There are several reasons why choosing not to smoke is the best decision. Here are five:

1. Increases chances of developing lung cancer.
2. Promotes osteoporosis in women.
3. Saps the smoker's energy.
4. May cause the smoker to have a stroke or heart disease.
5. Causes aging of skin to occur much more quickly.