

To *Live Life Well* is to take positive steps to maximise your chance of living a long and healthy life.

## Tip 2 Quit smoking

- Quitting smoking is one of the best things you can do for your health and it's never too late to kick the habit.
- Even social smokers are at risk – just three cigarettes a day are enough to trigger potentially fatal heart disease.
- Quitting smoking can be hard so be sure to get all the help you need. Call the Quitline on 13 7848 (13-QUIT).
- Check out the website for more healthy tips and take the health assessment challenge.