

# Breaking Bad Habits

Live a Healthy Lifestyle



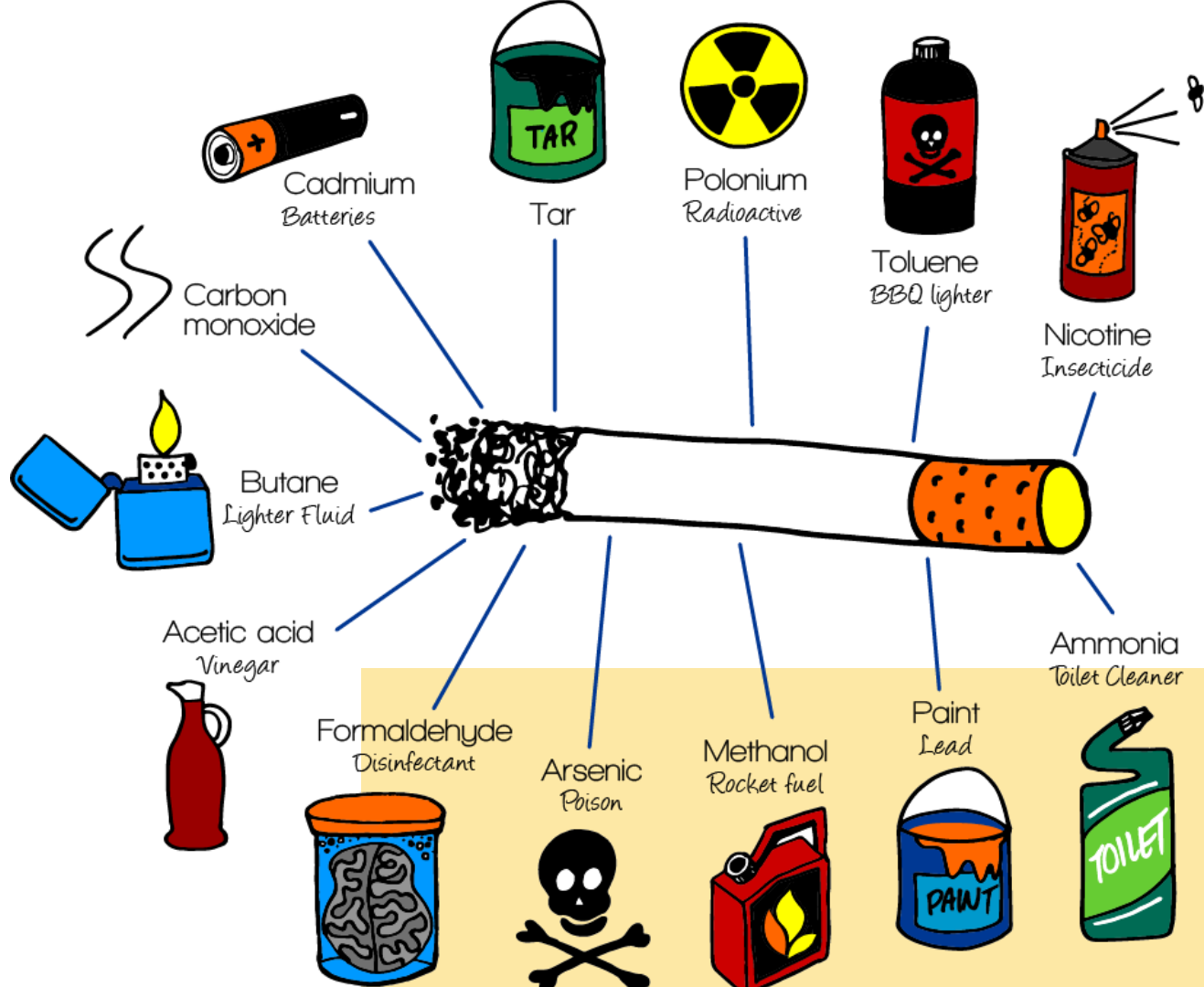
Here are 5 examples of bad habits that we should try to avoid.

Today's lesson, we will focus on smoking and alcohol.

# 5 BAD *heart* HABITS



# What's in a cigarette?



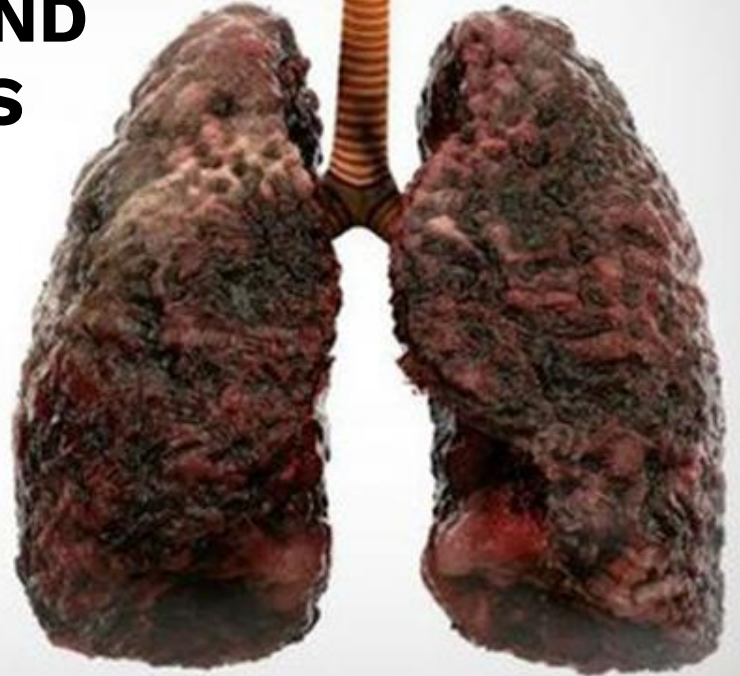
Video 1



**A PICTURE IS  
WORTH A  
THOUSAND  
WORDS**



**Non Smoker**



**Smoker**

On average  
smokers die  
13 to 14  
years earlier  
than  
nonsmokers



Video 2

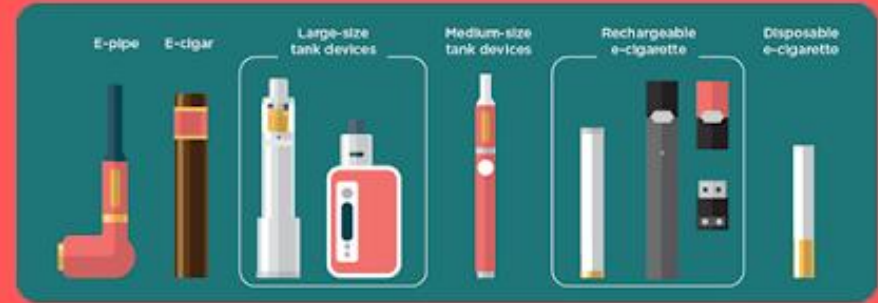




# Are e-cigarettes safer?

## E-CIGARETTES & VAPES

# Myth vs. Fact



**MYTH:** E-cigarettes are safe.

**FACT:** No one knows the long-term effects of e-cigarettes. They are not safe for use by young people, pregnant women, or adults who are not already tobacco users according to the CDC.





**SAY NO  
TO  
ALCOHOL**

# EFFECTS OF ALCOHOL



- increased heart rate and blood pressure



- diarrhoea



- dry mouth



- Nausea



- anxiety



- headache



- poor or decreased sleep



- tiredness and trembling

Video 3



# Liver disease due to alcohol



Video 4



# CHECKLIST

- Record this week's weight
- Use Exercise Log to track this week's exercise

