

Customizing the REDUCE TO QUIT® approach

Smokers can choose to reduce cigarette smoking in a way that suits them

- Limiting smoking to certain places
- · Gradually increasing the time between cigarettes
- Delaying the first cigarette of the day for as long as possible
- Choosing a few specific cigarettes to give up each week
- · Smoking during only odd or even hours
- Not smoking after a certain time of day

REFERENCE: Government of Alberta. Smoking fewer cigarettes. 2020. https://myhealth.alberta.ca/Alberta/Pages/How-to-lessen-harm-when-you-dont-want-to-quit.aspx.