

## STILL SMOKING? SURPRISING HEALTH BENEFITS TO QUITTING

Right now is a great time to quit smoking. Why? In as few as 20 minutes, you'll start to feel the benefits.

Here is a break down of the changes in your body within minutes, hours, days and years after you kick the habit:

- Within 20 minutes your heart rate will begin to drop toward normal level.
- After 2 hours, your heart rate and blood pressure will be close to normal. Your blood circulation will start to improve.
- 12 hours after quitting, carbon monoxide in your blood decreases to normal levels, thereby increasing oxygen in your blood.
- One full day, your risk for coronary artery disease will already begin to reduce.
- Within 48 hours, your sense of taste and smell improves.
- 1 to 9 months after you quit, your cilia in your lungs will begin to repair and can properly fight off infections and clear your lungs easier.
- After 1 year, your risk of heart disease is lowered by half that of a smoker's.
- 5 to 15 years, your risk of having a stroke is the same as that of a non-smoker.
- Lung cancer is the most common form of cancer for smokers. After 10 years from quitting, the risk of lung cancer drops to half that of a smokers.
- Finally, check out the financial benefits, click here: [Savings Calculator](#).

### Make this your New Year's Resolution!

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## What is MSI?

**MSI is an injury disorder of the muscles, tendons, ligaments, joints nerves, blood vessels or related soft tissue including sprain, strain and inflammation that can be caused or aggravated by work (OHSR 4.46).**

To avoid MSI's it is important to vary your tasks throughout the day. For example:

- stand up while you are on the phone, if possible;
- get up often to retrieve documents from your department printer;
- try not to remain in one position for over 20 min, keep moving;
- look away from screen occasionally.

Other helpful hints:

- when lifting, hold the load close to your body and do not twist—if its too heavy, ask for help;
- take a break every hour to stretch or go for a short walk;
- use the right tool for the task;
- position tools to reduce reaching or overextending.

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