



6 REASONS TO QUIT VAPING



1

APPEARANCE

Vaping causes **dry skin and wrinkles**, which can lead to **acne breakouts**.



2

FINANCES

Vaping in a single year can cost **\$400 to \$5,000 a year**.



3

STRESS AND ANXIETY

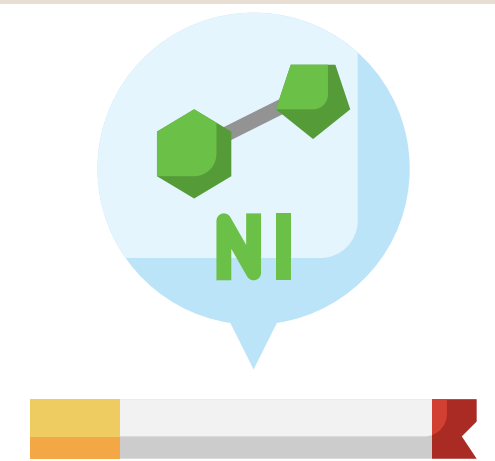
Use of e-cigarettes can **increase feelings of stress and anxiety**.



4

ADDICTION

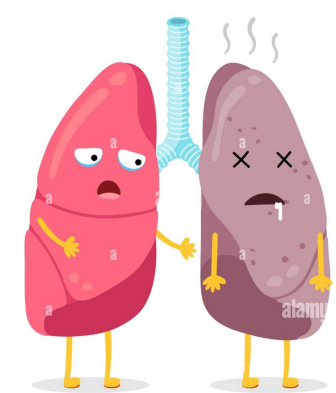
You can become **addicted to nicotine in a matter of minutes**.



5

HEALTH EFFECTS

Harmful chemicals in vapes ultimately lead to **cancer and lung disease** aka "popcorn lungs."



6

ATHLETIC PERFORMANCE

Vaping causes **increased blood pressure and heart rate** while narrowing the arteries, which leads to injury.



Find out how you can **QUIT** vaping:

