



# 30-DAY CHALLENGE CALENDAR

## JUNE 2024

SUN	MON	TUE	WED	THU	FRI	SAT
<p><b>FOLLOW THESE IG ACCOUNTS:</b> <a href="#">@NORHTPOINTHEALTH</a> <a href="#">@TRUTHINITIATIVE</a></p>	<p><b>The NorthPoint 30-Day Challenge starts on June 1st.</b> Invite your friends and family to sign up too at <a href="https://bit.ly/np-30day">bit.ly/np-30day</a>. Text or email us: 612-460-8565, or <a href="mailto:np30daychallenge@gmail.com">np30daychallenge@gmail.com</a></p>	<p>Interested in becoming a NorthPoint patient? Call us at 612-543-2500 and learn how we can help you use less tobacco beyond the challenge.</p> <p><b>REACH OUT! IF YOU NEED TO DO THAT EVERY DAY, DO IT!</b></p>			<p><b>LET'S START!</b></p>	<p><b>Welcome to the NorthPoint 30-Day Challenge!</b> We've got your back with daily texts and support to help you build better habits.</p> <p><b>ONE STEP CLOSER TO QUITTING!</b></p>
<p><b>Let's make this challenge work for you.</b> Write down your goals and keep them handy—refer to them every time a craving hits. You are worth every effort to make a positive change in your life.</p>	<p><b>Set up your space for success.</b> Remove all tobacco products, lighters, and ash trays from your environment. Out of sight, out of mind!</p> <p><b>TAKE A DEEP BREATHE.</b></p>	<p><b>NorthPoint offers support to help you quit smoking.</b> Call us at 612-543-2500 to become a NorthPoint medical patient to talk about options. We can help with all financial situations.</p>	<p><b>Identify your triggers and cravings to better understand your smoking habits.</b> Awareness is the first step towards breaking free from commercial tobacco addiction.</p>	<p><b>After 20 minutes of quitting, your heart rate and blood pressure drop.</b> As you change how you use tobacco and nicotine, your small steps are making a big difference.</p>	<p><b>Speak with a trained coach today.</b> You'll get to use free tools to help you quit smoking, vaping, or chewing. <a href="http://www.quitpartnrmn.com">www.quitpartnrmn.com</a></p> <p><b>YOU GOT THIS!</b></p>	<p><b>Feeling more irritable or impatient?</b> These feelings usually peak within the first week of quitting and could stick around for about 2 to 4 weeks.</p>
<p><b>Building a support network is crucial when quitting smoking.</b> Connect with a friend or family member who can offer encouragement and support during this challenge.</p>	<p><b>Calculate your savings.</b> You can save over \$5,000 by quitting if you smoke one pack a day. Start dreaming of how you can spend these savings.</p>	<p><b>Self-care is essential during your 30-Day Challenge.</b> Take time for yourself today—whether it's a walk in nature, a bath, or indulging in your favorite hobby.</p>	<p><b>After not smoking for 12 hours, your blood pressure improves.</b> Your heart won't have to pump as hard to get enough oxygen to your body.</p> <p><b>YOU'RE DOING IT!</b></p>	<p><b>Not Kool.</b> Menthol enhances the effects of nicotine on the brain and can make tobacco products even more addictive. You're making great changes!</p>	<p><b>Discover healthier alternatives to smoking.</b> Chewing gum, snacking on fruits, or practicing deep breathing exercises are good options. Your body will thank you!</p>	<p><b>Cravings are over in 3-5 minutes.</b> Taking a moment to pause, breathe, and distract yourself can make all the difference.</p> <p><b>DISTRACT, DISTRACT, DISTRACT.</b></p>
<p><b>YOU'RE HALFWAY THERE!</b> Be sure to reward yourself today for making it halfway through this 30-day challenge.</p> <p><b>CHECK IN WITH YOURSELF.</b></p>	<p><b>Exercise not only improves your physical health but also helps reduce cravings and boost your mood.</b> Try out the ClassPass app and sign up for a couple free classes!</p>	<p><b>Smoking kills your taste buds by changing the blood supply your taste buds are getting.</b> Are you starting to notice the taste of your food more?</p>	<p><b>Keep at it!</b> It's normal to stumble a few times before finding success. Write down what your gaining on a post it note. Post it in a visible area in your space to be reminded.</p>	<p><b>There are so many benefits to not smoking.</b> Saving money, MANY health benefits, better sense of taste, and brighter skin and teeth!</p> <p><b>SMILE, YOU'RE AMAZING!</b></p>	<p><b>Two weeks after quitting, your body starts to show some impressive improvements.</b> Circulation and lung function get a <a href="#">boost</a>. It's a breath of fresh air for your health!</p>	<p><b>The next 30-Day Challenge starts on the first.</b> Sign up again and invite your friends and family to sign up too at <a href="https://bit.ly/np-30day">bit.ly/np-30day</a>.</p>
<p><b>You're helping the environment by using less tobacco.</b> Cigarette and vape waste can contaminate water, air, and land with toxic chemicals, heavy metals, and nicotine residue.</p>	<p><b>Smoking isn't sexy or glamorous.</b> Cigarette and vape waste can contaminate water, air, and land with toxic chemicals, heavy metals, and nicotine residue.</p>	<p><b>How different do you feel?</b> It's been three weeks! Your body is able to heal and fight infections better now.</p> <p><b>REMEMBER WHEN YOU DIDN'T THINK YOU COULD DO IT?!</b></p>	<p><b>It's all about reclaiming control!</b> You're now the boss of your own schedule. Sure, thoughts of smoking might still pop up, but remember, you're calling the shots now.</p>	<p><b>Check in!</b> You're taking back your health one day at a time, and it shows! Journal how you are feeling today and your progress.</p> <p><b>USE NORTHPOINT RESOURCES FOR SUPPORT.</b></p>	<p><b>Take a moment and look at your goals for starting the 30-Day Challenge.</b> Your progress is worth celebrating. Click <a href="#">here</a> and share your story with us!</p>	<p><b>Congratulations on choosing your best life!</b> By taking steps towards a smoke-free lifestyle, you're not only benefiting your body but also your wallet.</p>