How One Man Quit 40yrs of Smoking for Good

BETTER HEALTH CO.

After four decades of smoking, one participant from the Better Health Coaching Service is finishing the program with a result he once hadn't seriously attempted before, he's successfully quit smoking. What started as a recommendation from a health professional became a turning point in improving his health and preparing for an important surgery.

Why he joined the program

He was encouraged to try the service after a physical therapist suggested it might be helpful. At the time, he knew he needed to make significant changes to his health, particularly losing weight and quitting smoking, in order to go ahead with a required operation. Despite smoking for 40 years, he hadn't previously made a serious attempt to quit, but the urgency of his health needs pushed him to take action.

How the Program helped

The Better Health Coaching Service provided something he hadn't had before, consistent encouragement and support. Through convenient phone-based coaching, he was able to access guidance without needing to travel, making it easy to fit into his routine.

With support from his coach and advice reinforced by Quitline, he set a quit date. His first attempt didn't stick, but instead of giving up, he tried again. The second time, using nicotine patches as a strategy and giving it his all, he succeeded.

Having someone regularly check in, offer encouragement, and acknowledge his progress made a significant impact, especially as he didn't have much support elsewhere.

Sustainable habits and lasting impact

He has experienced a range of positive health changes that are helping reinforce his new habits:

- Quitting smoking after 40 years
- Breathing more easily day-to-day
- Improved sense of taste and enjoyment of food
- Heightened sense of smell
- Increased motivation to maintain his progress
- Beginning to lose weight in preparation for surgery

These improvements have made the benefits of quitting feel immediate and real, helping him stay committed to his healthier lifestyle.

He describes the program as encouraging, accessible, and supportive, particularly valuing the regular check-ins and positive reinforcement he didn't receive elsewhere. "A little bit of support goes a long way.. And that made a difference!"

Ready to join hundreds of Australians on their journey to better health? Sign up to The Better Health Coaching Service today!

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