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# Smoking Twitter Message

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For this message, I made another Twitter post. I think that this would be a great way to inform people on the dangers of smoking and can spread information fast from person to person by retweets.

Post:

Here is a list of the benefits of quitting smoking cigarettes.

1. Gives you more energy
2. Improves smell and taste
3. Live longer
4. Lung function increases
5. Breaks cycle of addiction
6. Risk of heart disease decreases
7. Reduces risk of cancer

Smoking cigarettes is one of the leading causes of death in the United States. By educating the community, we can all lower the numbers of people who are smoking and improve the health of many. By working together, we can help people quit addiction, live longer and healthier lives. Please share this info and retweet to share!

Reference: <https://www.medicalnewstoday.com/articles/317956.php>