



# B.strong Resources to order

Precontemplation

Contemplation

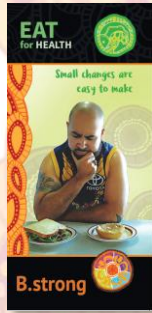
Action

Maintenance

## Eat for Health



Small changes can make a big difference



Small changes are easy to make

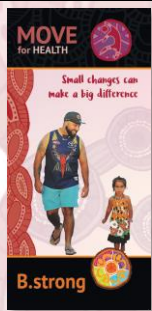


Ready to go

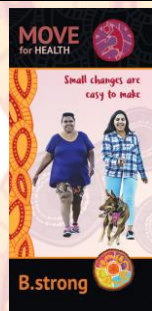


Keeping changes

## Move for Health



Small changes can make a big difference



Small changes are easy to make



Ready to go



Keep active

## Quit for Health



Why try to quit?



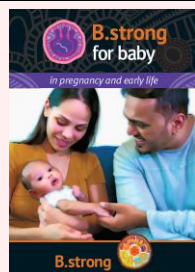
Easy steps to become smoke free



Staying smoke free is important for you, your kids and your mob

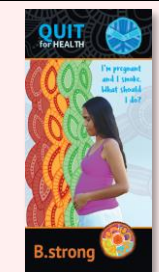
**B.strong for baby: in pregnancy and early life**  
A5 Booklet, 37 pages

Covers development, health messages and plans at different stages of pregnancy.



**I'm pregnant and I smoke. What should I do?**

This brochure is designed to address any stage of change with pregnant women who smoke.



You can use the QR Code to access the order form.  
Orders are available to Queensland Health staff and are subject to availability.  
For further enquiries, email [madonna.kennedy@health.qld.gov.au](mailto:madonna.kennedy@health.qld.gov.au)

