

1

Think about your health

Quitting **dramatically increases** your chances of **living a longer life**. It takes just **20 minutes** for your body to start healing **once you quit smoking**, repairing the damage done by all those years smoking.

Things get better straight away when you quit smoking.



after **20 minutes**

Your blood pressure and pulse go **back to normal**. Circulation **improves** – especially in your hands and feet.

after **8 hours**

Nicotine and carbon monoxide levels in the blood are **reduced by half**. Oxygen levels **return to normal**.

after **24 hours**

Carbon monoxide **will be eliminated from the body**. Your lungs **start to clear** out mucus and debris.

after **48 hours**

Your body is now **nicotine free**. And you'll notice how your senses of taste and smell **have improved**.

after **72 hours**

Your breathing is **easier**. You have **more energy**.

in **2–12 weeks**

Circulation is now **improved throughout your body**. It is **easier for you** to walk and exercise now.

in **3–9 months**

Your **lung capacity can improve by 5–10%** and you can **say goodbye** to coughing, shortness of breath and wheezing.

after **5 years**

You now have **about the same chance of having a stroke** as a non-smoker.

after **10 years**

The chance of getting lung cancer is **half of that of a smoker**. Your chance of having a heart attack is the **same as someone who has never smoked**.

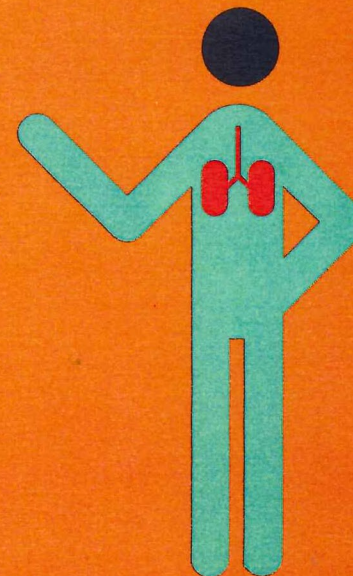


Reduce that clogged feeling in your lungs and **lose that nasty cough in the morning**



Reduce that tired feeling and **do more of the things you love**

Reduce your chances of getting lung cancer and **breathe more easily**



Reduce your chances of having a heart attack and **exercise more comfortably**