

Reasons To Quit

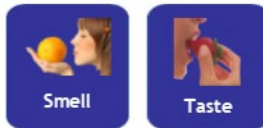
When a person smokes they can cause damage to their body and appearance

Chemicals in cigarettes...



Quitting smoking will reduce the damage

Quitting smoking will improve your sense of:



Benefits for the Family

More money to spend

More time with family or friends

4 minutes of your time wasted on each cigarette

The average smoker would save 24 hours free time during Stoptober.

Protect your family's health



Smoke lingers in the air for hours and stays in fabric and hair.

Protect the health of the people you love by quitting smoking and not exposing them to second hand smoke



Stoptober challenge encourages smokers to quit for 4 weeks

Stopping smoking for 28 days helps with quitting long-term

After 20 minutes Blood pressure returns to normal

After 2-12 weeks Circulation improves

After 48 hours The lungs start to remove mucus and carbon monoxide

After 5 years Risk of heart attack drops to half of a smoker

After 72 hours Increased energy and easier breathing

After 10 years Risk of lung cancer drops to half of a smoker



It's never too late to quit



Tips on How To Quit

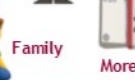
Talk about quitting

Inform friends and family that you plan to quit, to gain their support

What motivates you?



Your health



Set yourself a goal



Use the money you save to treat yourself!

Time to relax

Instead of reaching for a cigarette find alternatives to relieve stress and relax



Get The Right Support

Tobacco contains Nicotine, an addictive Stimulant. This makes it hard for the smoker to quit. A smoker's quitting journey is a personal one and they need to find what is right for them



Further help and advice

Get your free 'Quit Plan'

Visit the website www.nhs.uk/oneyou/for-your-body/quit-smoking/stoptober/

Answer a few questions and see what would work for you



Find your local Stop Smoking service at www.nhs.uk/smokefree 0300 123 1044