



**FIGHT  
FOR EVERY  
HEARTBEAT**

## A HEALTHIER YOU

The benefits for your body  
start straight away.

**AFTER...**

### 20 MINUTES

Your heart rate and blood  
pressure return to normal.

### 8-24 HOURS

Nicotine and carbon monoxide start to  
leave your body and oxygen levels return  
to normal.

### 24 HOURS

Your lungs start to clear out mucus  
and other smoking debris.

### 48-72 HOURS

Your sense of smell and  
taste both improve.

### 2-12 WEEKS

Exercise becomes easier and  
your breathing improves.

### 3-9 MONTHS

Any coughs, wheezing and breathing problems  
are reduced as your lungs repair.

### 1 YEAR

Your risk of coronary heart disease  
is now half that of a smoker.

# V FOR VICTORY

## NO SMOKING DAY 12 MARCH 2014



## A WEALTHIER YOU

The financial benefits  
of stopping soon add up.\*

**AFTER...**

### 1 DAY - £8

Two movie rentals / a new lipstick  
/ download a new album.

### 1 WEEK - £56

A family cinema trip / a pair of shoes  
/ a meal for two.

### 1 MONTH - £240

A shopping spree / premiership football tickets  
/ a weekend break.

### 3 MONTHS - £730

A designer handbag / a new laptop  
/ the latest flat screen TV.

### 6 MONTHS - £1,460

A leather suite / a home cinema  
/ a top of the range bicycle.

### 1 YEAR - £2,920

A new kitchen / designer jewellery  
/ a holiday of a lifetime.

\*Figures based on a 20-a-day smoker  
paying £8 per packet of 20 cigarettes.

[nosmokingday.org.uk](http://nosmokingday.org.uk)