



break free

No Smoking day 2010

nosmokingday.org.uk



Break free with a healthier body

The longer you've stopped for the more benefits you'll feel. The benefits of stopping smoking continue to grow as time passes:

After...

👉 2 – 12 weeks

Circulation improves, making walking and running a lot easier.

👉 3-9 months

Coughs, wheezing and breathing problems improve as lung function is increased by up to 10%.

👉 5 years

Risk of heart attack is halved.

👉 10 years

Risk of lung cancer is halved.

Risk of heart attack is at the same level as non-smokers.

👉 Medium to long-term

Risk of developing lung cancer, other cancers, heart disease, stroke and chronic lung disease is reduced - the sooner you stop, the sooner your risk starts going down.

👉 Medium to long-term

Stopping smoking at any age increases your life expectancy, provided that you stop before the onset of serious disease. Even if you have developed disease, you can benefit from stopping as your body will be under less strain and be able to fight it more easily.

👉 For life

You'll be less stressed and tired and physical activity will be easier. Food will taste better and your skin will look younger.

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