

My health and wealth benefits

Quitting smoking isn't easy, but you will start to feel the benefits almost straight away.

8 hours

Nicotine and carbon monoxide levels in blood reduce by half, oxygen levels return to normal.

48 hours

There is no nicotine in the body. Ability to taste and smell is greatly improved.

2-12 weeks

Your circulation improves.

5 years

Risk of heart attack falls to about half compared to a person who is still smoking.

20 minutes

Blood pressure and pulse rates return to normal.

24 hours

Carbon monoxide levels will be eliminated from the body. Lungs start to clear out mucus and other smoking debris.

72 hours

Breathing becomes easier. Bronchial tubes begin to relax and energy levels increase.

3-9 months

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

10 years

Risk of lung cancer falls to half that of a smoker. Risk of heart attack falls to the same as someone who has never smoked.

Cost Savings



If you smoke 10 cigarettes a day and an average pack of 20 cigarettes costs £12.73 you could save:

1 day	£6.36	Buy a magazine
1 week	£44.52	New shoes, spa, pub meal for 2, cinema
1 month	£190.80	Shopping spree, football tickets, weekend break
3 months	£572.40	Games console, new laptop, latest flat screen TV
6 months	£1,144.80	Football season ticket, nice piece of jewellery
1 year	£2,321.40	A family holiday, deposit on a new car

When I stop smoking I will save £ over the year!

Tot up your savings using the SmokeFree app

