

Take the Challenge with...

A healthier body

You don't have to wait long for the benefits to start once you stop.

After...

20 minutes
your blood pressure and pulse return to normal

8 hours
nicotine and carbon monoxide levels in your blood are halved

24 hours
carbon monoxide will be eliminated from your body and your lungs will have started to clear out the tar that's been clogging them up

48 hours
no nicotine left in your body. Your senses of taste and smell are greatly improved.

72 hours
your breathing becomes easier and your energy levels increase

2-12 weeks
your circulation improves and exercise can be easier

3-9 months
any coughs, wheezing and breathing problems improve

Take the Challenge by...

Rewarding yourself

The financial benefits of stopping soon add up too.

1 Day £5.20 = a movie rental or a few magazines

1 Week £36.40 = a cheap flight abroad or a few CDs

1 Month £156.00 = a shopping spree or the monthly food bill

3 Months £468.00 = two weeks in the sun or a new computer

6 Months £936.00 = a family holiday or some new furniture

1 Year £1,898.00 = a second-hand car or the start of a deposit for a house

Please note that these figures are based on a 20-a-day smoker paying £5.20 per packet of 20 cigarettes



Want to take the Challenge?

Here are some tips to going smokefree

- 1 SET A DATE** - No Smoking Day on **Wednesday 12 March 2008** is a good time as you'll be stopping with more than a million other people. Use the days between now and then to plan. Pledge your quit attempt and register for the quit pack at www.nosmokingday.org.uk.
- 2 GET FREE LOCAL HELP** - find your nearest free stop smoking service by calling a helpline. Using their help and a proven drug treatment can make it **four times** more likely that you'll succeed in stopping smoking - **0161 205 5998**
- 3 DEAL WITH NICOTINE WITHDRAWAL** - your pharmacist or GP can talk to you about the proven treatments that can double your chances of success
- 4 TELL YOUR FRIENDS AND FAMILY** - get their help and support too - even get them to sponsor your quit attempt!
- 5 MAKE A LIST OF THE REASONS WHY YOU WANT TO STOP SMOKING** - whether it's to be fitter, for your children or to save money; carry the list with you to remind yourself during difficult moments
- 6 KNOW WHAT TO EXPECT** - most people will find it difficult to stop smoking but it does start to get better after just a few days - just have a look at the benefits you'll gain from quitting
- 7 KEEP A DIARY** - note when and where you smoke, and how you feel each time
- 8 AVOID TEMPTATION** - use the clues from your diary to spot the smoky situations in your day and make a plan to help you avoid them
- 9 REWARD YOURSELF** - plan some treats with the money you will save
- 10 DON'T EVEN HAVE ONE CIGARETTE** - it's the first step back to 20-a-day