



# SMOKING – WHY QUIT?



## FOR YOUR HEALTH

By quitting, you will greatly reduce your chances of having cancer, heart attacks, heart disease, stroke, and other diseases. You'll also breathe easier, cough less, feel fitter and reduce your blood pressure. Your sense of taste will return, your skin will look healthier, your teeth and fingernails won't be stained and you won't smell of stale smoke any more.



## FOR YOUR FAMILY AND FRIENDS

More than 80% of secondhand smoke is invisible and odourless, so no matter how careful you think you're being, your family and friends still breathe in harmful poisons, putting them at risk of meningitis, cancer, bronchitis and pneumonia. That's why it's now illegal to smoke in vehicles with someone under 18 present; driver and passenger could be fined £50.



## TO SAVE MONEY

Every cigarette you don't smoke saves you money. Smoking is expensive and you might be surprised at how it all adds up. On average, most people who quit save around £128 each month. That's more than £1,500 a year going up in smoke. Just think what else you could spend your money on!

Make a list of your reasons for quitting, to remind yourself of when you crave a cigarette

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# TIPS TO HELP YOU QUIT SMOKING

- Choose a quit date that's unlikely to be stressful and make sure you don't have any cigarettes, lighters or matches on you.
- Avoid places where people around you might be smoking.
- Get support and expert advice and remind yourself of the reasons why you're quitting.
- Learn how to cope with cravings and remember, there's no such thing as having "just one" cigarette.
- Keep healthy snacks to hand to reach for when cravings kick in.

**QUITTING IS THE BEST THING YOU'LL EVER DO!**

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