



The Benefits of Quitting Smoking

Quitting smoking not only improves your own and your family's health, but also your appearance, self-confidence and the state of your pocketbook.

Physical Benefits

- Two hours after you quit, the amount of nicotine in your bloodstream will drop by half.
- Eight hours after quitting, there will be more oxygen in your body and your blood pressure will begin to lower.
- Your risk of developing cancer, heart disease, stroke and ulcers will go down.
- You will be protecting your family from the dangers of second-hand smoke.
- If you are pregnant, you will help prevent complications such as miscarriage and premature delivery, and your baby will more likely have a normal birth weight.
- Food will taste better and your sense of smell will improve.
- Your teeth will be less stained.
- You will have more energy. Physical activities will be easier and more enjoyable.

Other Benefits

- You will overcome a strong addiction and be in control of your life.
- Your self-confidence will improve.
- You will be providing a good role model for your children.
- Your breath, clothes, car and home will smell better.
- Your life insurance premiums will go down.
- You will save money

