

MY QUIT CALENDAR

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

MY LIVEWELL ADVISOR IS -
 ADVISOR CONTACT NUMBER -
 WWW.LIVEWELLDERBY.CO.UK/STOP-SMOKING - 01332 641254
 @LIVEWELLDERBY

quit benefits!

- **20 minutes** - Pulse rate returns to normal.
- **8 hours** - The nicotine & carbon monoxide levels in blood reduce by half. Oxygen levels return to normal. Circulation improves.
- **48 hours** - Carbon monoxide eliminated from the body, lungs start to clear out mucus and other smoking debris.
- **48 hours** - No nicotine in the body. The ability to taste & smell improves.
- **72 hours** - Breathing becomes easier, bronchial tubes begin to relax and energy levels increase.
- **1 month** - Skin appearance can improve.
- **1 year** - The risk of a heart attack reduces by half compared to that of a smoker.