

What would you do with...

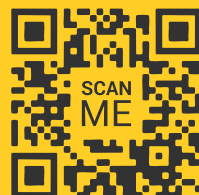
£455
every month?*

StopForLife
Devon by **ice**

FREE help to stop smoking

StopForLifeDevon.org

0800 122 3866



*Based on quitting smoking 20 cigarettes a day at a cost of £15.00 per pack. (the average price in 2025)

By breaking free from the smoking habit, you open new opportunities to spend your quality time, treat yourself and create lasting memories – here's 10 ideas:



1 Day trips to theme parks, citys, museums etc.



6 Cinema/theatre to take in a performance



2 Holiday for a day or two, or for weeks at a time



7 Go outdoors go wherever to walk hike or bike



3 Homeimprovements to make it work better for you



8 Chose a healthy recipe homemade meal or bake



4 Activities, interest, fitness or education classes or groups



9 Game night with a new board or computer game



5 Picnic in the park for a fun and fresh air-filled time



10 Craft day exploring your creativity with DIY or craft.



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The sooner you quit the sooner you'll notice positive changes in your money and body

+£30.00*



Two days

- o Fresher skin, hair, and breath
- o Improved breathing – reduced carbon monoxide

+£105*



One week

- o Higher levels of antioxidants, like vitamin C
- o Enhanced sense of smell & taste

+£455*



One month

- o Your heart is working more efficiently.
- o Exercising is easier.
- o Your immune system is starting to recover.

+£2,730



Three to six months

- o Cleaner clearer lungs working better & better
- o Cough & wheeze less & cough up less phlegm.
- o Blood flow to your fingers & toes improves.
- o Better protection of cuts & wounds from infection.
- o Feel less stressed than when you were smoking.

+£5,475*



One year

- o Your lungs have continued to improve.
- o Heart attack risk has halved
- o Small airways & lung function is better than if you had kept smoking.

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Our team of Healthy Lifestyle coaches have helped thousands of people across Devon improve their lives, you could be next.