



What would you do with...

**£365**

every month?\*

\*Based on quitting smoking 20 cigarettes a day at a cost of £12 per pack.

**StopForLife**  
DEVON

**Get FREE help to  
stop smoking & save**

[www.StopForLifeDevon.org](http://www.StopForLifeDevon.org)

**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, cities, museums etc.



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



**3 Home improvements** to make it work better for you



**4 Activities,** interest, fitness or education classes or groups



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



**6 Cinema/theatre** to take in a performance



**7 Go outdoors** go wherever to walk hike or bike



**8 Chose a healthy recipe** homemade meal or bake



**9 Game night** with a new board or computer game



**10 Craft day** exploring your creativity with DIY or craft.

Freephone **0800 122 3866**

for **FREE** stop smoking help & support

from our team of Healthy Lifestyle coaches who have helped thousands of people across Gloucestershire

**www.stopforlifeDevon.org**

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

+£24\*



**Two days**

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

+£84\*



**One week**

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

+£336\*



**One month**

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

+£2,190\*



**Three to 6 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.

+£4,380\* **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.

**With the money you can save from quitting smoking use our tips and apps to be quid's in and healthier.**

- **Plan meals** & list what you need to avoid impulse buys
- **Home cooked meals** cost as little as £3 with a side & drink
- **Make use of leftovers** for lunch or dinner the next day
- **Buy non-perishables** (pasta, rice, and beans etc.) in bulk.
- **Find discounts on healthy foods**, & check weekly circulars
- **Healthy food coupons & vouchers** from websites & apps
- **Pantries & community social shops** free/low-cost food
- **Discount stores** often a fraction of the cost of supermarkets
- **Grow your own** where you can save money & eat healthy.

## Apps & Websites



### **Too Good To Go:**

Discounted food that would otherwise be thrown away from restaurants and shops.



### **Eat This Much:**

Helps plan healthy meals and grocery lists.



### **Budget Bytes:**

Wide variety of budget friendly healthy recipes.

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Call: **0800 122 3866**

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Web: **[stopforlifedevon.org](http://stopforlifedevon.org)**