

What would you do with...

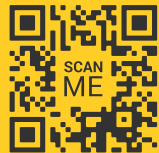
**£365**

every month?\*

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

**StopForLife**  
Devon by **ice**

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



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

Call: **0800 122 3866**

## 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.

For more **FREE** support to improve your health, wellbeing and happiness visit...

**Best-You.org**

