

What health benefits will you see, when you stop smoking?



After 20 minutes

Your pulse rate starts to return to normal



After 8 hours

Your oxygen levels are recovering and harmful carbon monoxide in your blood is reduced by half



After 48 hours

The carbon monoxide is flushed out, your lungs are clearing out mucus and your taste and smell is improved



After 72 hours

The bronchial tubes begin to relax and breathing becomes easier, while your energy levels start to increase



After 2 to 12 weeks

Blood is pumping better to the heart and muscles, because you have improved circulation



After 3 to 9 months

Coughing, wheezing and breathing has improved, as your lung function has increased by up to 10%



After 1 year

Your risk of a heart attack has halved, compared to that of a smoker



After 10 years

Your risk of dying from lung cancer has fallen by half, compared to someone who smokes