



No Smoking day

Take the challenge with a healthier body

After ...



20 minutes

your blood pressure and pulse return to normal.



8 hours

nicotine and carbon monoxide levels in your blood are halved.



24 hours

carbon monoxide will be eliminated from your body and your lungs will have started to clear out the tar that's been clogging them up.



48 hours

no nicotine left in your body. Your senses of taste and smell are greatly improved.



72 hours

your breathing becomes easier and your energy levels increase.



2-12 weeks

your circulation improves and exercise can be easier.



3-9 months

any coughs, wheezing and breathing problems improve.