



Make hundreds of quit buddies by **joining** our online forum

Leap towards... a healthier you

You don't have to wait long for the benefits to start once you stop.

After...

20 minutes Your blood pressure and pulse return to normal

24 hours Carbon monoxide will be eliminated from your body and your lungs will start 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

3 days 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



Treat yourself

– shop 'til you drop with the dosh you save



Leap towards... a wealthier you

The financial benefits of stopping soon add up.

After...

1 day = £6.50

= a movie rental, a few magazines

1 week = £45.50

= shoes, facial, DVDs, paintballing, a fancy meal for two

1 month = £195

= a shopping spree or premiership football tickets, a weekend break

1 year = £2,372

= new kitchen, designer jewellery, a car, a luxury leather suite

Figures based on a 20-a-day smoker paying £6.50 per packet of 20 cigarettes.

Take the leap.co.uk

for online support,
help and information

here are some tips and advice

Set a date

No Smoking Day on **Wednesday 14 March 2012** is a good time to stop with millions of other people. Go to **TakeTheLeap.co.uk** for help, information and support.

Get free local help

find your nearest free stop smoking service by calling a helpline. With their help and a proven drug treatment it is four times more likely that you'll succeed in stopping smoking.

Deal with nicotine withdrawal

your pharmacist or GP can talk to you about the proven treatments that can double your chances of success.

Tell your friends and family get them on board to help you succeed

Make a list of the reasons why you want to stop smoking

to be fitter, for your children or to save money; carry the list to remind yourself during difficult moments.

Know what to expect most people will find it

difficult to stop smoking but it does start to get better after just a few days – remind yourself of the benefits you'll gain from quitting.

Keep a diary

note when and where you smoke, and how you feel each time.

Avoid temptation

use the clues from your diary to spot the smoky situations in your day and make a plan to help you avoid them. Remember each craving only lasts five minutes – just hang on!

Reward yourself plan some treats with the money you will save

Don't have "just one" cigarette

it's the first step back to 20-a-day

Helplines

England 0800 434 6677 Wales 0800 085 2219 Scotland 0800 84 84 84

Northern Ireland 0808 812 8008 Pregnancy 0800 169 9169 Quitline 0800 00 22 00

