Choose healthy lungs
Your lungs will work better.¹

Choose to cough less
Cough, phlegm and wheeze decrease.³

Choose to feel young
Your skin will be rejuvenated – you could look 13 years younger.⁴

Choose better fertility
Most of the negative impacts of smoking on male and female fertility will be reversed.⁵

Choose more energy
Your blood circulation will improve, making physical activity easier... this will also give you more energy.²

Quitting smoking: the benefits
Quitting smoking improves the quality and length of your life. Immediately after your last cigarette, your body will feel the benefits.

Stop smoking
- 1 year
- 24 hours
- 9 months
- 2–12 weeks
- 1–2 months
How many years can be gained back?

Additional years added to your life expectancy if you quit smoking at these ages.6

- 10 yrs gained back (30 years of age)
- 9 yrs gained back (40 years of age)
- 6 yrs gained back (50 years of age)
- 3 yrs gained back (60 years of age)

Sources

Find out more at: www.healthylungsfornlife.org

Choose a longer life