STOP SMOKING
START LIVING

Make the break. Live life without smoking.
THINK
Why it's great to go smokefree

PREPARE
Where to go for support: products and advice

GO
How to stop smoking with our SMOKEFREE Planner

STAY
When a smokefree life becomes a brand new life
Imagine the best thing you'll ever do in your life. Imagine making your next break a complete break from smoking. What would it be like to wake up and feel absolutely fresh? How would you spend all the new time you suddenly have in your life? Stopping smoking can be a life changing experience. Get ready for a smokefree world. Make your mind and body smokefree today.
Ireland is smokefree. Scotland is smokefree. Wales, Northern Ireland and England are joining in. We’re becoming a smokefree nation. So why wait to stop smoking? Especially when you can save money, feel healthier, smell fresher and avoid the serious diseases associated with smoking.
SMOKEFREE ENGLAND

Go smokefree and look forward to years of better health.

- Reduce your chances of getting lung cancer. Help yourself to breathe more easily.
- Cut down on the phlegm in your lungs. Wake up without that nasty cough.
- Cut your chances of getting a heart attack. Cope better with having to run down the street.
- Reduce your stress levels. Take control of your life.
NOTHING TO LOSE EVERYTHING TO GAIN

You might think you have lots of reasons to put off the moment when you have to stop smoking – it’s a crutch, a stress-buster, a confidence-booster. You might think it’s hard to stop when everyone around you still seems to smoke. But every year thousands of people go smokefree. You can do it too.
Reading all the information that was available strengthened my resolve to quit the habit.
Going smokefree is the one single thing you can do to dramatically increase your chances of living a longer life. Once your body is smokefree, it will begin to heal within 20 minutes, repairing the damage done by all those years spent taking in nicotine and other poisons. Go smokefree and put your body on the mend.
MINUTES
Your blood pressure and pulse return to normal.
Circulation improves – especially in your hands and feet.

HOURS
Your blood oxygen levels return to normal
and your chance of having a heart attack falls.

HOURS
Carbon monoxide leaves your body.
Your lungs start to clear out mucus and debris.

HOURS
Congratulations, your body is now nicotine free. And have you noticed how your sense of taste and smell have improved?

HOURS
Your breathing is easier. You have more energy.

WEEKS
Circulation is now improved throughout your body.
It’s easier for you to walk and exercise now.

MONTHS
Your lung efficiency is up by 5-10 percent. Breathing problems are fading away. Say goodbye to coughing, shortness of breath and wheezing.

YEARS
You now have only half the chance of getting a heart attack compared to a smoker.

YEARS
The chance of you getting lung cancer is now half that of a smoker. Your chances of having a heart attack are now the same as someone who’s never smoked.