

Benefits of NOT smoking

- Getting rid of, or avoiding, nicotine addiction
- Not exposing children, family, friends, and co-workers to second hand smoke
- Gaining better lung function and overall better fitness
- Saving money. One pack per day will cost how much in a year?
- Lessening the chance of a heart attack and stroke (one year after quitting, a smoker's increased risk of a heart attack is cut in half)
- Reducing chances of cancer (a5 years after quitting, a smoker loses the increased risk of cancer.
- Being more attractive to the opposite sex.
- Permitting better circulation
- Improving your body's capacity to heal wounds and recover from surgery
- Avoiding hidden costs (Life insurance, burns in furniture or clothing)
- Benefiting the ecology: less indoor air pollution, not supporting misuse of third world agriculture for growing tobacco
- Improving chances of concieving and having a healthy child
- Feeling better about yourself and being more in control of your life

B R E A T H E
the lung association