



Quit & save a packet



Day 1. **You'll save \$28.**
Treat yourself to a movie.



Day 2. **\$56** Go to the footy or cricket, or buy some phone credit.

1 week. **\$200** Enjoy a fancy dinner for two or a family outing.



1 month. **\$850** Spend a weekend away, buy some new clothes, or pay off some bills.

3 months. **\$2,500** Enough for two return tickets to Bali, or you could pay off your credit card.



6 months. **\$5,000** You can afford a family holiday to Queensland or some new household goods.

1 year. **\$10,000** You could buy some new furniture, pay a lump sum off the mortgage or buy a second-hand car!



A year after you have quit, you will have saved \$10,000 and could buy a round-the-world ticket for you AND a friend!

If you give up a pack a day habit, **you save a packet.** The average packet of 20 cigarettes costs you about \$28.

As your body repairs itself over the next year, you'll not only see a benefit to your health, but also to your wallet.

Quitline 13 7848
quit.org.au





Health benefits *of quitting*



It's never too late to quit. As soon as you stop smoking, your body begins to repair itself.

Depending on the number of cigarettes you smoke, typical benefits of stopping are:

- After **12 hours** almost all of the nicotine is out of your bloodstream.
- After **24 hours** the level of carbon monoxide in your blood has dropped, making it easier for oxygen to reach your heart and muscles. 
- Within **a week** your sense of smell and taste may improve. 
- Within **2 months** you will be less likely to cough and wheeze. Your immune system has begun to recover and your body is better at fighting infections. 
- Within **3 months** the blood flow to your hands and feet will have improved. Exercising will be easier. 
- Within **6 months** you may feel less stressed than when you were smoking.
- After **12 months** your lungs are healthier and you'll be breathing easier than if you'd kept smoking.
- Within **2 to 5 years** there is a large drop in your risk of heart attack and stroke. 

- After **10 years** your risk of developing lung cancer is lower than that of a continuing smoker.
- After **15 years** your risk of heart disease and stroke is close to that of a person who has never smoked.
- Stopping smoking reduces your risk of developing, and slows the worsening of, lung disease including emphysema and chronic obstructive pulmonary disease (COPD).

Stopping smoking has major and immediate health benefits for men and women of all ages.

These benefits apply to people with and without smoking-related diseases.

So it is worth having a go.