

# WHAT HAPPENS WHEN YOU QUIT SMOKING?

**20** MINUTES



YOUR BLOOD PRESSURE RETURNS TO **NORMAL**

**12** HOURS



CARBON MONOXIDE  
**LEVELS  
DROP**



**48** HOURS YOUR SENSE OF **SMELL & TASTE** IMPROVE

WITHIN **2** WEEKS

YOUR LUNGS WORK BETTER, **YOU HEAL** FASTER



**9** MONTHS



MEANS MORE **ENERGY** & FEWER ILLNESSES

YOUR **RISK**  
OF HEART ATTACK IS  
HALF OF WHAT IT IS  
**NOW.**



AND IN **5** YEARS,



1.866.SD-QUITS [www.SDQuitLine.com](http://www.SDQuitLine.com)

# WHAT HAPPENS WHEN YOU QUIT SMOKING?



YOU GET **CASH** IN YOUR POCKET **RIGHT AWAY!**

**1 MONTH** YOU'VE GOT **\$150** YOU DIDN'T HAVE BEFORE.



QUIT **6 MONTHS** YOU HAVE **\$1000** EXTRA!

**\$2000**  
1 YEAR

**\$4000**  
2 YEARS

**5 YEARS**

**\$10,000**

A WHOPPING

NICE CHUNK OF CHANGE!



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