



Healing Begins Immediately After Quitting

For smokers who find it just too hard to quit, it may be encouraging to know this fact:

Your body begins to heal within minutes after smoking your last cigarette.

I'm _____ from _____ reporting on your health.

Twenty minutes after putting out your last cigarette, your blood pressure and pulse rate return to normal.

After just 24 hours, your chances of a heart attack decreases.

After the first week, you'll start to breathe more easily and your sense of taste and smell will begin to return.

After the first year of not smoking, you will have decreased coughing, sinus congestion, fatigue and shortness of breath.

And five years after your last cigarette, your risk of lung cancer is cut in half and your risk of stroke returns to nearly the same levels of a person who has never smoked.

Nothing you do for your health—not even dieting and exercise—pays as many dividends so quickly as giving up smoking.

That's today's Health Tip from _____ .