

Are you ready to give up smoking?

There are more benefits than you think...

- You'll look better for longer with smoother skin and whiter teeth
- You'll smell better and so will be more attractive to others
- You'll improve your level of fitness
- You'll boost your job prospects
- You'll be helping to protect the people around you as well as your pets from the effects of second-hand smoke
- You'll reduce your chances of infertility in the future



The fact is the younger you start smoking...

the more damage there will be to your body as an adult.



Start your quit journey today. If you are 13 and over:

Text : **quitnow** to **60777** Call: **0333 005 0093**

A member of the friendly Healthy You Stop Smoking Team will then be in touch to discuss a FREE programme of support which will be designed to suit your needs. This will include advice on choosing a suitable stop smoking medication and information on how to manage cravings and withdrawal symptoms.

