

# **BREATHE EASIER AND LIVE LONGER**

Isn't it time you improved the health of your lungs?

So drop the cigarettes and join the GoSmokeFree Campaign.

The sooner you quit, the sooner you'll notice positive changes in your body and health. Look at what happens when you quit for good.









Check your pulse rate; it will already be starting to return to normal.

Your oxygen levels are been reduced by half.

flushed out. Your lungs are clearing out mucus, and smell are improving.







breathing problems will improve as your lung function increases by up to 10%.

Blood will pump through to your heart and muscles much better because your circulation will improve.

If you notice that breathing feels easier, it's because your bronchial tubes have started to relax. In addition, your energy levels will increase.









### **Great news!**

compared with a smoker.

More great news!

Your risk of death from lung cancer will have halved compared with a

### **TIPS TO QUITTING SMOKING**

- List your reasons to quit.
- Tell people you're quitting.
- If you have tried to quit before, remember what worked. Use stop-smoking aids (GoSmokeFree provides approved aids).
- Have a plan if you are tempted to smoke.
- List your smoking triggers and how to avoid or cope with them.
- Keep cravings at bay by keeping busy.
- Exercise away the urge.
- Throw away all your cigarettes before you start. Remember, there is never "just one cigarette".
- Join a support group



## START THE JOURNEY TODAY..

Visit their website at www.gosmokefree.co.za for more information.

Regards, POLMED









