



**THERE ARE MANY
HEALTH BENEFITS
WHEN YOU QUIT
SMOKING, NO
MATTER WHAT
AGE YOU ARE.
IN JUST 20
MINUTES, THE
BODY CAN START
TO BENEFIT
FROM QUITTING.**

Here are ways quitting smoking can improve the body:

- Sharper Hearing
- Clearer Vision
- Brighter Smile
- Better Smelling Breath
- Clearer Skin
- Decreased Risk of Heart Attack
- Lower Blood Pressure and Heart Rate
- Reduced Risk of Coronary Heart Disease
- Can Lower Cholesterol Levels
- Can Reduce Belly Fat and Lower the Risk of Diabetes



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