



# Benefits of Quitting

A blue stick figure doctor in a white coat with a red cross is using a sphygmomanometer on the arm of a yellow stick figure patient. A clock in the top left corner shows the time is approximately 1:50.

**Blood pressure returns to normal**

A yellow stick figure has a diagram of its lungs shown in purple. A white sign with a purple border says 'Day 1'.

**No Carbon Monoxide in the body  
Lungs start to clear**

A yellow stick figure is sitting at a table with a white tablecloth, eating a meal. A white sign with a purple border says 'Day 2'.

**Nicotine is gone from the body  
Taste and smell improve**

A yellow stick figure is running and kicking a soccer ball. A white sign with a purple border says 'Day 3'.

**Breathing improves  
Energy increases**

A yellow stick figure has red arrows pointing upwards and downwards along its body, indicating improved circulation. A white sign with a purple border says '3 months'.

**Circulation improves**

A blue stick figure doctor is using a stethoscope on the chest of a yellow stick figure patient. A white sign with a purple border says '1 Year'.

**Heart and lungs  
healthier and stronger**