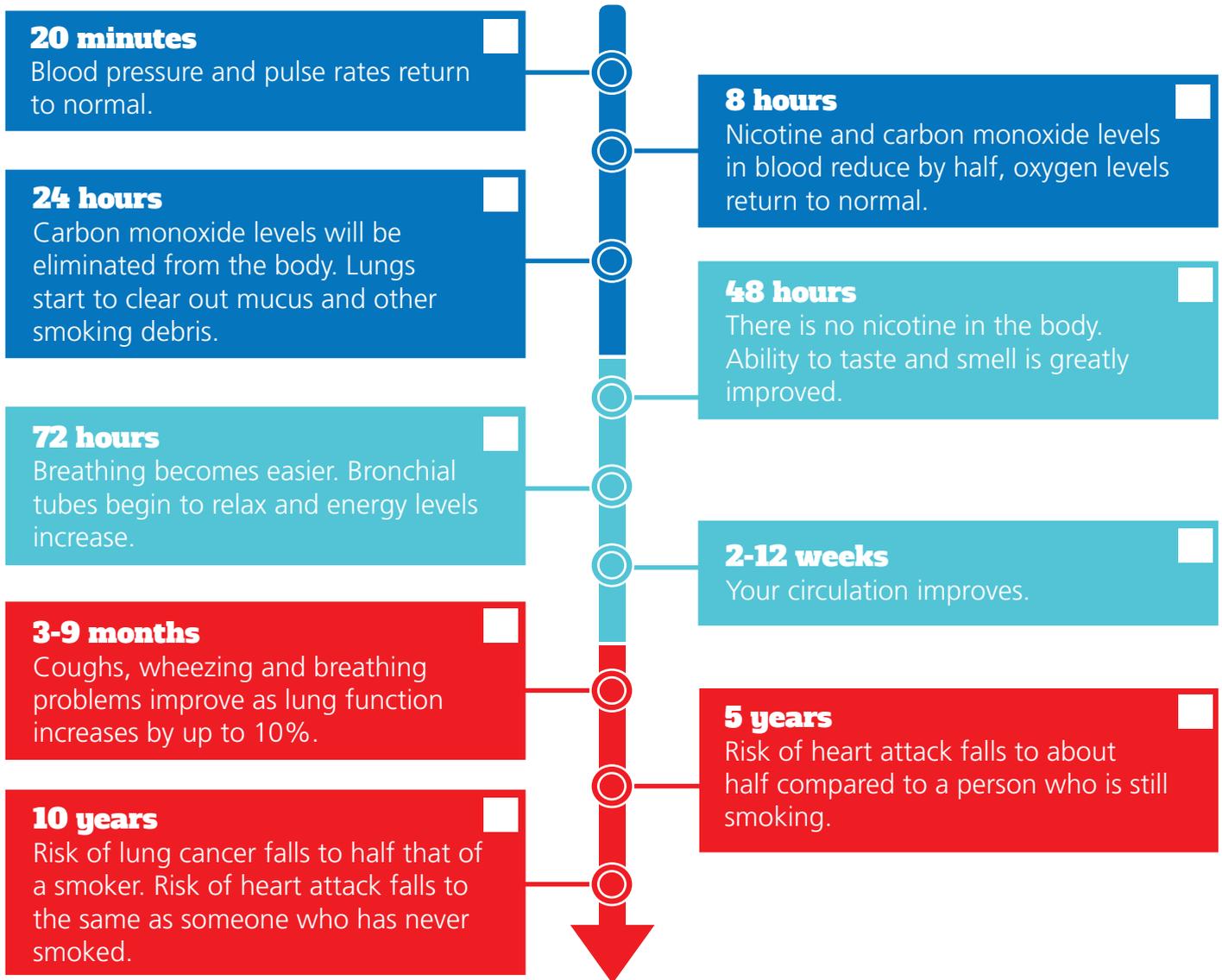


My health and wealth benefits

Quitting smoking isn't easy, but you will start to feel the benefits almost straight away.



Cost savings

If you smoke 10 cigarettes a day and an average pack of 20 cigarettes costs £9.00 you could save:



1 day	£4.50	Buy a magazine
1 week	£31.50	New shoes, spa, pub meal for 2, cinema
1 month	£136.88	Shopping spree, football tickets, weekend break
3 months	£410.64	Games console, new laptop, latest flat screen TV
6 months	£821.28	Football season ticket, nice piece of jewellery
1 year	£1,642.56	A family holiday, deposit on a new car

Tot up your savings using the NHS SmokeFree app

When I stop smoking I will save **over the year!**