

Motivator-Meter

Smoke-free time

20 minutes

2 hours

8 hours

2 days

1 week

2 weeks

1 month

2 months

1 year

5 years

10 years

15 years

health benefits

extra money
to spend*

DIRECTIONS: Find the amount of time since your last cigarette in the window at left and see how your body and wallet are benefiting.

Smoking affects almost every organ and system in your body. The good news is the minute you stop smoking your body begins to heal and get stronger.

Based on a pack-a-day habit at \$13 a pack (does not include compounded interest).

Alternatives to smoking

Keep hands busy

While traveling

When in social situations

After meals

When under stress

When the urge is intense

Breaking old habits



Canadian Cancer Society
Société canadienne du cancer

We can help

1 877 513-5333
SMOKERS' HELPLINE

www.smokershelpline.ca

Funding provided by



Saskatchewan
Ministry of
Health

Immediate benefits of quitting

- Hair, clothing and breath won't smell.
- You'll have money for other things than cigarettes.
- Your complexion will improve.
- You won't have to leave restaurants, parties and people's houses to smoke.