

# Quit Smoking

## ADVICE & GUIDANCE

Quitting smoking is the most important action you can take to improve your health and the health of those around you. With support you are four times more likely to successfully quit smoking.

### When you quit:

- 📄 Sense of smell and taste improves.
- 📄 Reduce your risk of long term diseases such as heart/lung disease and stroke.
- 📄 Better blood circulation, making physical activity easier
- 📄 Improved lung function, making breathing easier

Scan/Click the QR code to access a range of regularly updated resources for advice and support from third-party organisations to quit smoking and vaping.

SCAN THE  
QR CODE  
FOR MORE  
INFO

QUIT

Shift



ONE YOU  
PLYMOUTH

Tel: 01752 437177  
livewell.workplacehealth@nhs.net  
www.livewellworkplacehealth.co.uk

Livewell  
Southwest

