

Clear the Air



Go smoke-free for a healthier you on May 31, World No Tobacco Day, and make it the first of many smoke-free days.

A smoke-free day gives your body—especially your heart and lungs—a break from the adverse effects of a long list of toxins.

Going smoke-free provides a lot of health benefits, some of which you'll experience within minutes to hours after quitting. For example:

- Your blood pressure lowers about 20 minutes after you quit.
- Within a few hours your heart rate starts to return to normal.
- After 12 hours the carbon monoxide levels in your blood starts to drop back to normal levels.

And, it just gets better:

- After about two weeks your lungs are functioning better and you have better circulation.
- Chronic cough and shortness of breath decrease within a few weeks.
- Even your risk of heart disease starts to drop within two weeks to three months after quitting.

So, give it a go and feel better. Try a smoke-free day.

Check out <http://www.foh.hhs.gov/calendar/wntd.html> for more information.