

Quitting smoking – the benefits

Knit or stitch to help you quit smoking and you can benefit almost immediately. You'll notice the difference in 24 hours!...

Benefit now!

- **The day you quit** – your blood pressure and pulse will return to normal.
- **24 hours later** – the oxygen levels return to normal and carbon monoxide levels in your blood are halved.
- **48 hours later** – your body is clear of nicotine and you'll begin to notice wonderful tastes and smells.
- **96 hours later** – your breathing will improve and you'll feel much more energetic and less tired.
- **2 weeks later** – your circulation improves as does your exercise tolerance. Exercising will become much easier.
- **3 months – 1 year later** – any coughs will improve and your oxygen levels will rise.
- **5 years later** – your risk of suffering a heart attack is halved!
- **10 years later** – your risk of a heart attack is the same as a non smoker and your risk of lung cancer is halved.

For support in quitting visit our [Stitchlinks Forum](#)