



What it feels like to give up smoking

Better breathing

Lung capacity improves over the first year and the longer you have been smoking the more improvement you may notice. You may find that you cough much less and get less out of breath performing day to day tasks and structured exercise.

Extra energy

After quitting smoking your blood circulation improves, blood pressure and heart rate also reduce. An increase in oxygen can also reduce tiredness and energy drops.

Improves fertility

It is well documented that non-smokers may find it easier to get pregnant. Quitting smoking can improve both sperm count in men and improve the lining of the womb to help the woman conceive.

Food tastes great

One of the biggest improvements to everyday life from quitting smoking will be your sense of smell and taste. The toxins in cigarettes dull your sense of taste and smell which are revived once you give up.

Skin, teeth and breath

You'll see great improvements to your facial complexion, slowing the ageing process. Teeth become less stained, your breath will be fresher and your risk of gum disease will also decrease.