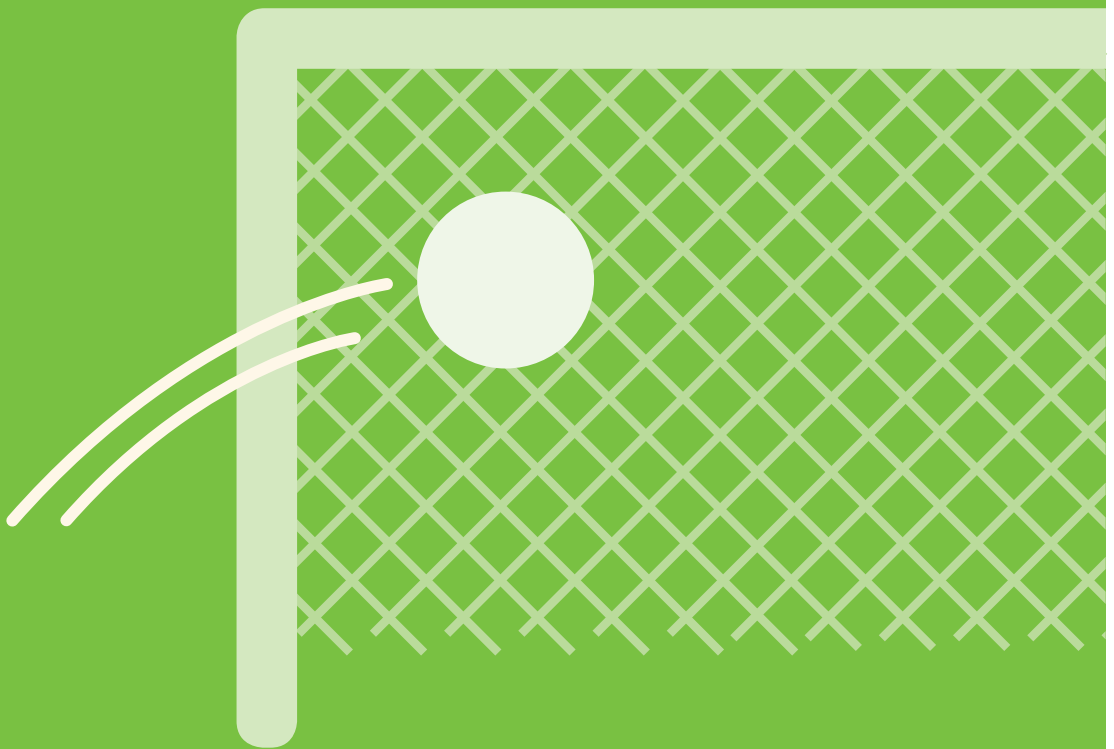


Get more out of your game  
**by quitting today.**



# Get more out of your game.

## Quitting smoking can lead to increased energy levels and easier breathing. Get in.

Quitting smoking really does help you get more out of your game. Your overall fitness will improve and with all the money you save, you can buy that new away strip or go watch your team in action. It's all about enjoying yourself and spending time with your family and mates.

### Quit Timeline



<b>20 mins</b>	Blood pressure and pulse rate return to normal.
<b>8 hours</b>	Nicotine and carbon monoxide levels in blood reduce by half, oxygen levels return to normal.
<b>24 hours</b>	Carbon monoxide eliminated from the body. Lungs start to clear out mucus and other smoking debris.
<b>48 hours</b>	There is no nicotine in the body. Ability to taste and smell is greatly improved.
<b>72 hours</b>	Breathing becomes easier. Bronchial tubes begin to relax and energy levels increase.
<b>2-12 weeks</b>	Circulation will be improving.
<b>3-9 months</b>	Coughs, wheezing & breathing problems improve as lung function increases by up to 10%.
<b>1 year</b>	Risk of a heart attack falls to about half that of a smoker.
<b>10 years</b>	Risk of lung cancer falls to half that of a smoker. Risk of heart attack falls to the same as someone who has never smoked.

Call  
on

