



7 reasons you'll love being tobacco-free

You know tobacco is bad for you. But did you know your body starts healing in as little as **20 minutes** after you quit?¹ Look forward to these benefits and more.

1 Feel younger and stronger

Side effects of tobacco use can be confused with aging or being out of shape. As your body heals, you can be more active with less effort, less pain, and without coughing and puffing.

2 Keep your money

A pack-a-day smoker spends around \$2,000 a year.² Save for something special – or splurge as you reach milestones, like spending a month tobacco-free.

3 Enjoy a healthier sex life

Your blood flow, circulation, energy levels, and hormones will all return to normal. The only thing on fire now is you.

4 Be someone's hero

It's never too late to be a healthy role model for the kids in your life. And you can show your smoker friends that it's possible to quit.

5 Smell (so much) better

Tobacco smells stick around longer than most people realize. Now you don't have to hide behind breath mints and air freshener.

6 Stay on an even keel

You'll have fewer mood swings once you're free of nagging addiction – and you won't have to stress over when you'll get your next fix.

7 Get a makeover from the inside out

See clearer skin, fewer premature wrinkles, whiter teeth and nails, healthier gums, thicker hair, fewer grays, and more.

Learn more about how to live tobacco-free at kp.org/quitsmoking

¹American Lung Association

²Brad Tuttle, "These Are the States With the Highest Cigarette Taxes," Time, April 20, 2017, time.com/money/4748310/smoking-costs-cigarette-taxes-expensive.

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