

Cut this into 9 sections (Header plus the timeline). Put Ps into pairs and together they can put the timeline back together.

QUIT SMOKING? THIS IS HOW THE BODY CHANGES AFTER THE FINAL CIGARETTE



-20 minutes

Pulse rate returns to normal

-8 hours

Nicotine and carbon monoxide levels in blood reduce by more than half and oxygen levels return to normal

-48 hours

Carbon monoxide will be eliminated from the body. Lungs start to clear out mucus and other smoking debris. There is no more nicotine in the body. The ability to taste and smell is improved.

-72 hours

Breathing becomes easier. Bronchial tubes begin to relax and energy levels increase.

-12 weeks

Circulation is improved

-9 months

Coughs, wheezing and breathing problems improve as lung function increases by up to 10 per cent.

-1 year

Risk of heart disease is about half compared with a person who's still smoking.

-15 years

Risk of heart attack falls to the same as someone who has never smoked.