



Quitters Timelines

For more information:

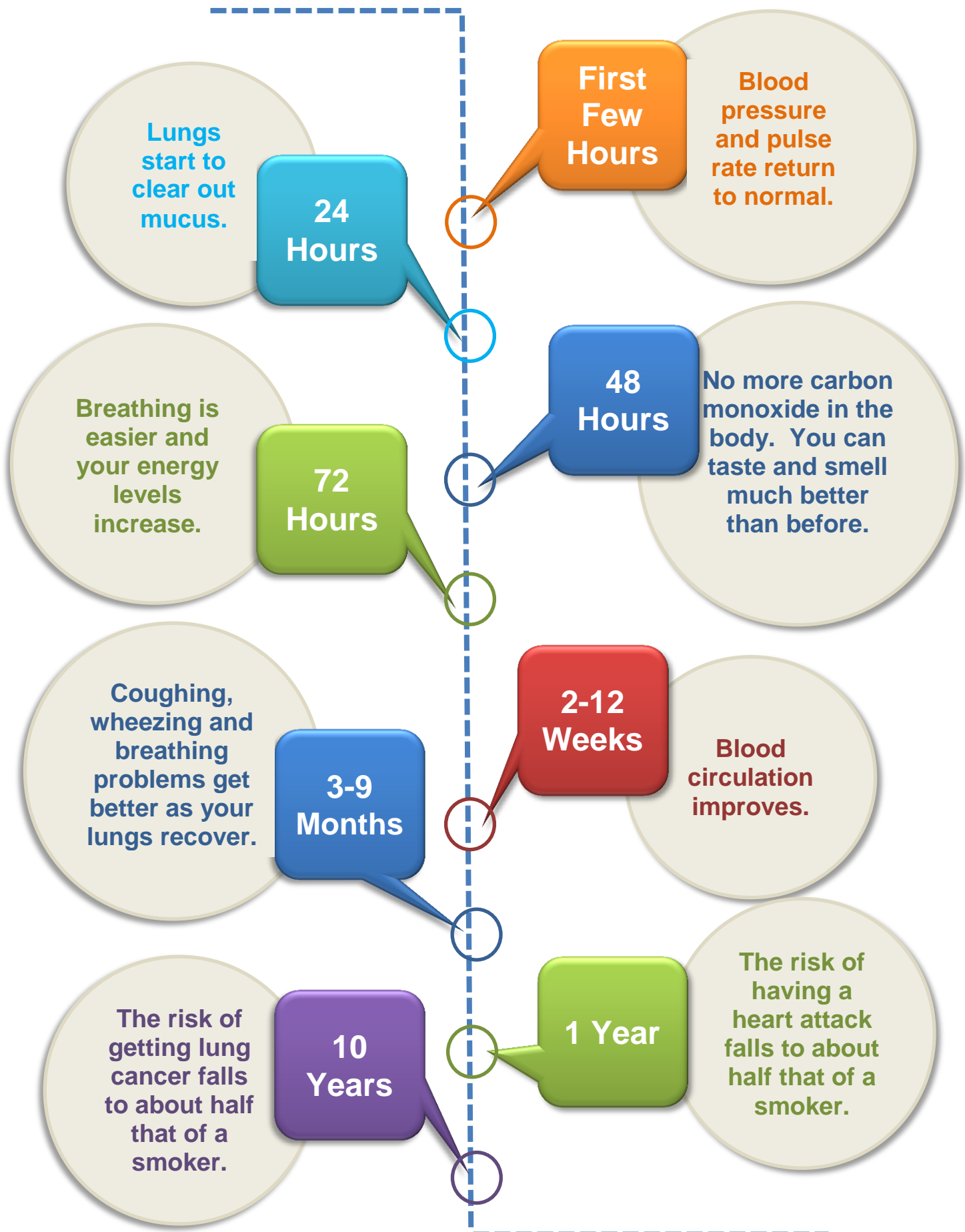
Call Joanna: 028 9068 0735

Visit: www.cancerfocusni.org

Email: smokebusters@cancerfocusni.org

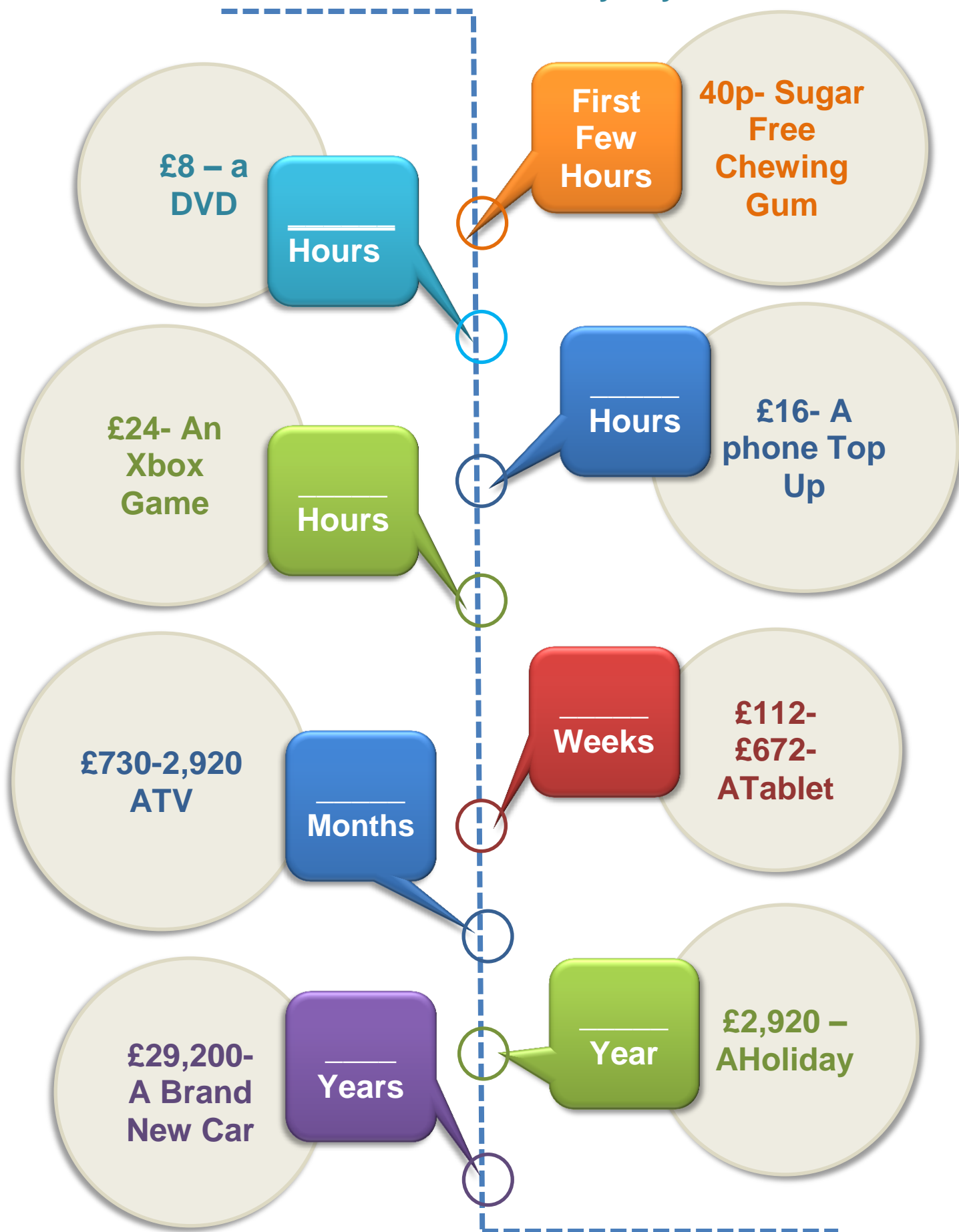


Time to Travel Back to Good Health





The Cost of Quitting- How Much Will a Smoker Save and what could they buy?



Notes for Teachers:

- The time to travel back to good health timeline is based on the average smoker. Point out to pupils that this varies for each individual smoker however the important point is that the longer the smoker quits smoking for, the more their health will improve in the long run.
- **I. McEwen, A., Hajek, P., McRobbie, H., West, R. (2006) *Manual of Smoking Cessation : A Guide for Counsellors and Practitioners* , Oxford: Blackwell Publishing Ltd**
- The cost of quitting timeline is based on a 20-a-day smoker at an average price of £8 for 20cigarettes. Point out that some tobacco products may be cheaper or more expensive, however no matter how much they cost, a quitter will always save money.