

# Benefits of Stopping Smoking



This guide will show you the reasons to stop smoking



The good reasons to stop smoking are



Your heart rate and blood pressure will return to normal after 20 minutes



Your sense of smell and taste will come back after two or three days



Your risk of getting a heart attack will go down by half of a smoker after a year



You will have fresher breath and whiter teeth



Your skin might look younger and age less quickly



You might have more energy and get less headaches and less tired



Immune system will find it easier to fight off colds and flu



Your sex drive may increase and it can also help you try to have a family



You will protect the health of your friends and family



It will improve your chances of being more active and healthier when you get older