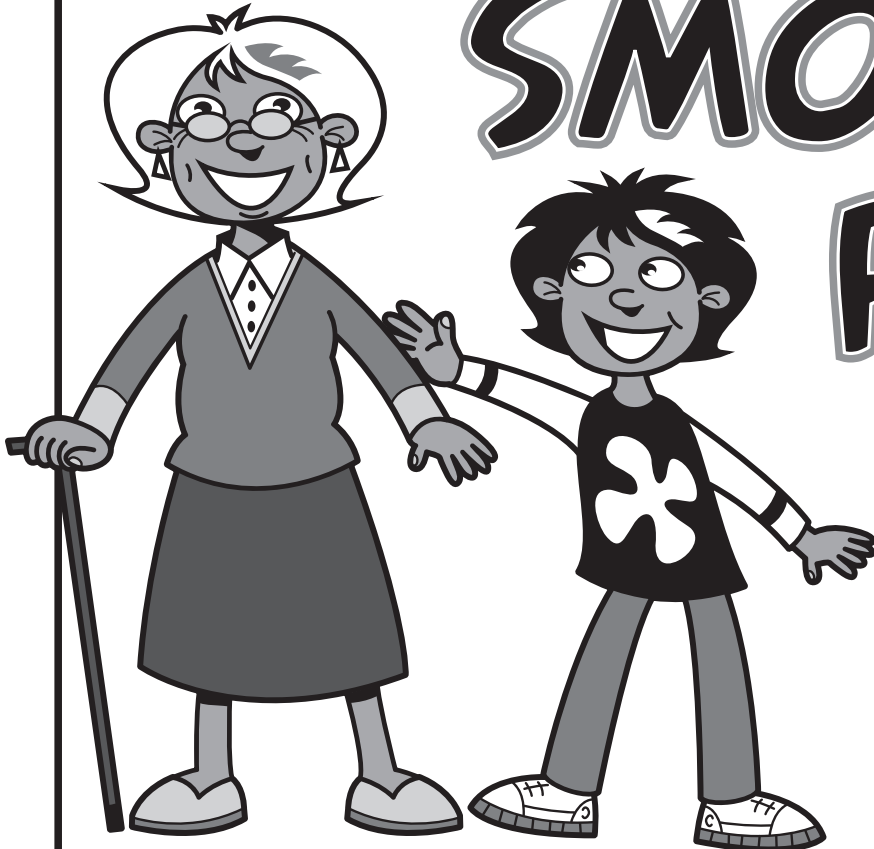


# SMOKING FACTS



Sahib's grandma is giving up smoking.

With a member of your family or parent see if you can think of three things that Sahib and his family can do to help her while she's getting used to not smoking.

Write your answers in the space below!



1.

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2.

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3.

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## Did you know?

Here are some of the benefits to people who quit smoking:

- \* Just 20 minutes after a person has smoked their last cigarette, their body will start to become healthier!
- \* Oxygen levels in the blood increase to normal and circulation improves... and remember oxygen is important for healthy blood!
- \* Giving up smoking increases the chances of living a longer and healthier life and reduces the chance of getting lung cancer and heart disease.
- \* People who give up smoking also help to protect others around them from the harmful effects of passive smoking (that's breathing in smoke from someone else's cigarette).
- \* People who give up smoking have more money to spend on other things, because they're not spending money on cigarettes.

