

Stoptober

2023

Sun Mon Tue Wed Thu Fri Sat

£15.95 1
Hire a cleaner for one hour.

£31.90 2
A new kettle.

£47.85 3
One day of childcare fees.

£63.80 4
Average weekly electricity bill.

£79.75 5

£95.70 6

£111.65 7
70 ice creams at the seaside.

£127.60 8
Weekly grocery shop for a family of four.

£143.55 9
Premier League football tickets.

£159.50 10

£175.45 11
A new 24 inch TV.

£191.40 12

£207.35 13

£223.30 14
Average cost of running a car for a month.

£239.25 15
3 years Disney Plus subscription.

£255.20 16
A week in Spain.

£271.15 17
A new Washing Machine.

£287.10 18

£303.05 19

£319 20
A weekend break for two in the UK.

£334.95 21

£350.90 22
10 hours of driving lessons.

£366.85 23
Annual mobile phone contract.

£382.80 24
A week in Turkey.

£398.75 25
An inflatable hot tub.

£414.70 26
A new Dishwasher.

£430.65 27
Annual gym membership.

£446.60 28

£462.55 29
A week in Egypt.

£478.50 30

£494.45 31
A new Fridge/Freezer.



Tick off each day in October that you are smoke-free to see how much money you save* if you normally smoke one pack per day.

What will you spend your savings on?

*Based on the price of a pack of Benson & Hedges Gold (September 2023).

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1

Your pulse will start to drop to normal.

2

All carbon monoxide is flushed out.

3

Breathing feels easier, because your bronchial tubes have started to relax.

4

5

6

Your risk of heart attack has decreased.

7

Damaged nerve endings will start to regrow.

8

9

10

Blood circulation has recovered.

11

Teeth and gums are receiving the same circulation levels as a non-smoker.

12

13

14

Blood will be pumping through your heart and muscles much better.

15

16

17

18

19

20

21

Brain biochemistry is returning to normal.

22

23

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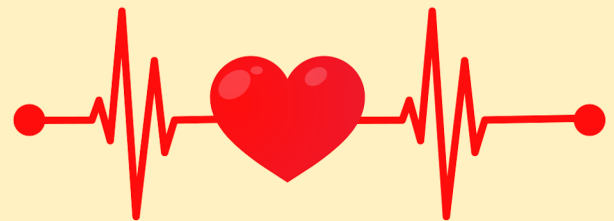
You will have more cardio stamina.

29

30

31

Your lung capacity has improved. You will be less short of breath.



Tick off each day in October that you are smoke-free to see the health benefits.

**Based on 2023 statistics.*

Arun Wellbeing is a FREE service that can help you improve your health. We can support you to quit smoking, lose weight, reduce alcohol or get more active.

Take a look at our website for more information: www.arunwellbeing.org.uk