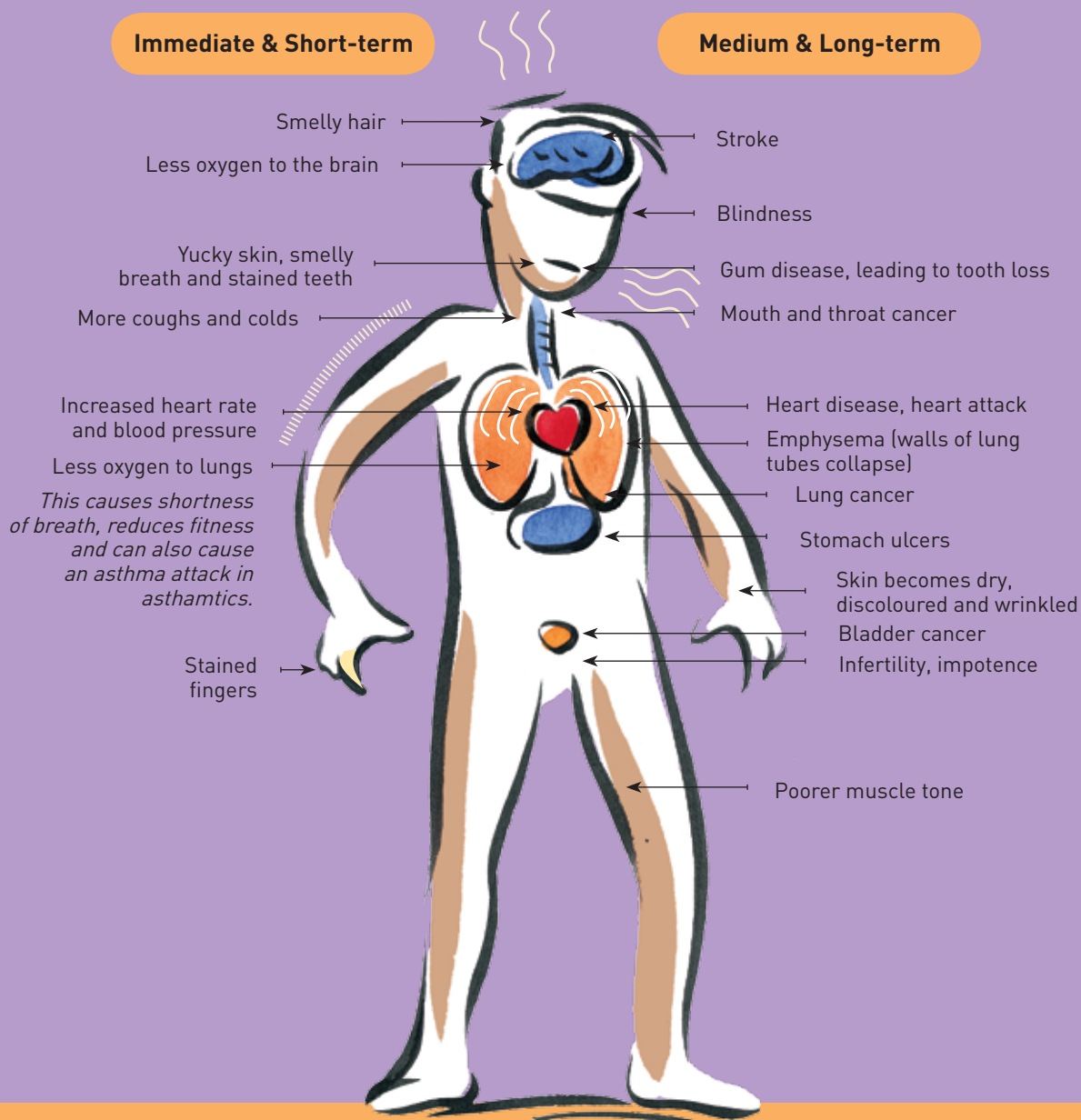


# The effects of smoking on the body

Smoking affects many parts of the body, both inside and outside. Some of the effects happen straight away and others take longer to occur. The diagram below shows some of the harmful consequences of smoking:



**You can greatly reduce the risks of these effects by choosing to be smoke free. Some of the benefits of being smoke free are:**

- healthier skin
- fresh-smelling clothes and hair
- fresher breath
- whiter teeth
- better sense of taste and smell
- improved fitness
- less sickness
- saving money
- helping save the environment
- most people are smoke free.

Many people who start smoking think they will be able to stop whenever they want. Unfortunately, the younger people start smoking the harder it can be to quit. Most adult smokers wish they had never started in the first place.