

QUITTERS WIN!

WHEN IT COMES TO QUITTING SMOKING EVERYONE'S A WINNER, SO LET'S FIND OUT HOW MUCH YOU CAN WIN!

MEET THE CONTESTANTS

SMOKING AFFECTS MANY PARTS OF YOUR BODY, SO LET'S MEET THE BODY PARTS AFFECTED!

Heart Builds up plaque in arteries; increases risk for heart attack, stroke, aneurysms.	Blood Increases blood pressure, thickens blood vessels, weakens immune system.	Eyes Damages optic nerve; causes macular degeneration, blindness.	
Bones Osteoporosis, bone loss.	Lungs Causes asthma, emphysema, chronic bronchitis, tuberculosis, chronic obstructive pulmonary disease.	Reproductive system Causes erectile dysfunction, ectopic pregnancy, preterm birth, stillbirth.	Brain Nicotine cravings cause anxiety, irritability, attention difficulties.

WHO WILL WIN BIG?

THE AGE YOU QUIT SMOKING WILL TELL YOU THE NUMBER OF YEARS YOU'LL WIN BACK BY KICKING THE HABIT. LET'S FIND OUT HOW MANY YEARS YOU CAN WIN!

WIN 4 YEARS QUIT AT AGE 60	WIN 6 YEARS QUIT AT AGE 50	WIN 9 YEARS QUIT AT AGE 40	WIN 10 YEARS QUIT AT AGE 30
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SPIN AND WIN!

AS SOON AS YOU QUIT SMOKING YOU GET A BONUS. IF YOU PLAY YOUR CARDS RIGHT YOU COULD WIN THEM ALL!

- WHITE TEETH
- FRESH BREATH
- TASTY FOOD
- FRESH CLOTHES
- EASY BREATHING
- CLEAN HANDS

WE KNOW, IT'S GONNA BE A TOUGH GAME TO WIN, BUT FOR EVERY MINUTE YOU QUIT SMOKING THERE'S ANOTHER BENEFIT!

IS IT WORTH QUITTING?

- 20 MINUTES**: Heart rate and blood pressure drop.
- 12 HOURS**: Carbon monoxide level in your blood returns to normal.
- 2 WEEKS TO 3 MONTHS**: Circulation improves and lung function increases.
- 1 TO 9 MONTHS**: Coughing, shortness of breath and risk of infection decrease.
- 1 YEAR**: Added risk of coronary heart disease is half that of continuing smoking.

BIG MONEY ROUND

GET READY TO WIN SOME REAL MONEY. THE LONGER YOU CAN MAKE IT WITHOUT SMOKING THE MORE YOU WIN!

\$9 FROZEN PIZZA (1 DAY)	\$63 TANK OF GAS (1 WEEK)	\$252 DIGITAL WATCH (1 MONTH)
\$3,024 4-PIECE KITCHEN APPLIANCE SET (1 YEAR)	\$15,120 TROPICAL VACATION (5 YEARS)	

\$30,240
BRAND NEW CAR!
(10 YEARS)

CONSOLATION ROUND

FOR OUR CONTESTANTS WHO HAVEN'T DECIDED TO QUIT SMOKING, HERE ARE A FEW CONSOLATION FACTS FOR YOU TO TAKE HOME.

- 7,000** NUMBER OF CHEMICAL AGENTS IN A CIGARETTE, INCLUDING TOXINS FOUND IN RAT POISON, TOILET CLEANERS AND FORMALDEHYDE.
- 54** NUMBER OF AMERICANS WHO DIE EVERY HOUR FROM CIGARETTES (480,000/YEAR).
- 10** AVERAGE NUMBER OF YEARS SMOKERS DIE EARLIER THAN NON-SMOKERS.
- 8** NUMBER OF SECONDS IT TAKES FOR NICOTINE TO REACH THE BRAIN.