

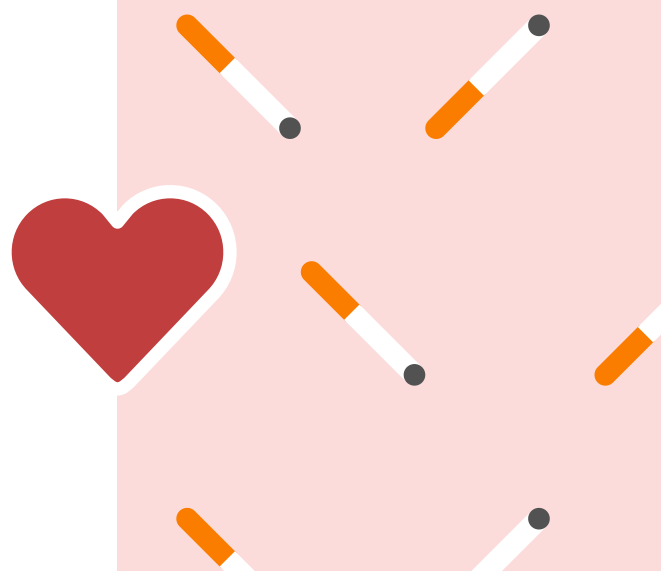
A few hearty benefits to quitting smoking.



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PIVOT

Sign up for Pivot! The world's most achievable quit smoking program.



**20
minutes**



Your blood pressure and heart rate recover from the nicotine-induced spikes.

**24
hours**



Your heart attack risk is lower.

**01
year**



Your risk from heart disease is cut in half.

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