



Government
of South Australia

SA Health

Kick the butts, keep the cash!



Most people know by now that smoking increases your risk of diseases such as cancer, lung and heart disease, stroke, diabetes and many more.

BUT...did you know that the average Australian smoker spends between \$5,000 - \$6,000 a year on their habit?

That's enough for a pretty decent second hand car, or enough to take the family away on a holiday...twice!

The good news is that quitting now can have immediate benefits for your body and your bank balance, and these benefits increase the further you get away from your last cigarette.

For more information:
www.sahealth.sa.gov.au/healthyworkers

The logo for 'Healthy Workers Healthy Futures', which is a stylized green apple with a single leaf. The text 'HEALTHY WORKERS' and 'HEALTHY FUTURES' is written in white, bold, uppercase letters across the body of the apple.

HEALTHY
WORKERS
HEALTHY
FUTURES