

How often do you see athletes or sports people smoking on the sidelines?



Never! This is because they know they perform better when they don't smoke.

Carbon monoxide and tar are two poisons in cigarettes that reduce sports performance.

Smoking significantly reduces your fitness.

When active, those who smoke:

- are more easily exhausted
- suffer shortness of breath
- have less endurance
- are slower to react
- have poorer visual judgement or ability to see well

It's simple – if you don't smoke, your sports performance is better.



For more info on quitting visit www.smokefree.den.org.au