



TOBACCO AND COLLEGE ATHLETIC PERFORMANCE

TOBACCO WILL DIRECTLY AFFECT ATHLETIC PERFORMANCE...

- Nicotine in cigarettes, cigars, and spit tobacco is addictive.
- Nicotine narrows your blood vessels and puts added strain on your heart.
- Smoking can wreck lungs and reduce oxygen available for muscles used during sports.
- Smoking slows lung growth.
- Smokers suffer shortness of breath (gasp!) almost 3 times more often than nonsmokers.
- Smokers run slower and can't run as far, affecting overall athletic performance.
- Spit tobacco and cigars are not safe alternatives to cigarettes; low-tar and additive-free cigarettes are not safe either.

WHAT YOU CAN DO....

- Know the truth. Despite all the tobacco use on TV and in movies, music videos, billboards and magazines—most teens, adults and athletes DON'T use tobacco.
- Make friends, develop athletic skills, control weight, be independent, be cool... play sports.
- Don't burn money on tobacco. Spend it on CDs, clothes, computer games, and movies.
- Get involved: make your team, school and home tobacco-free; teach others; join community efforts to prevent tobacco use.
- Voice your support for tobacco-free schools, sports and other community events.

THE BOTTOM LINE: CHOOSE NOT TO SMOKE.

If you or someone you know wants to quit smoking or dipping, please call:



References: Office on Smoking and Health, National Center for Chronic Disease Prevention and Health Promotion, Centers For Disease Control and Prevention. <http://www.cdc.gov/tobacco>

ABOUT THE NORTH CAROLINA HEALTH AND WELLNESS TRUST FUND (HWTF)

The NC Health and Wellness Trust Fund was created by the General Assembly in 2000 to allocate a portion of the state's share of the national tobacco settlement to improve the health of all North Carolinians by funding preventive health initiatives. Please visit: www.HealthWellNC.com

ABOUT TOBACCO-FREE COLLEGES

Tobacco-Free Colleges is the NC Health and Wellness Trust Fund's program that provides assistance to all NC campuses in adopting and implementing tobacco-free policies and in promoting cessation. Please visit: www.tobaccofreecollegesnc.com.