

Tobacco and Fitness



- Those who use tobacco are more likely to incur injuries.¹
- Smokers heal slower than nonsmokers.^{1,2,4}
- People who quit smoking improve their exercise performance.¹
- Smokers are more at risk to get the flu and to have more intense symptoms when they do.⁴
- Smoking is strongly associated with accelerated hearing loss.²
- Tobacco users are more likely to perform poorly on military fitness evaluations.^{5,6}

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3. Willemse, B.W.M., D.D. Postma, W. Timens, N.H.T. Hacken. 2004. The impact of smoking cessation on respiratory symptoms, lung function, airway hyper responsiveness and inflammation. *Eur Respir J*, 23: 464–476. <http://www.erj.ersjournals.com/content/23/3/464.full.pdf+html>
4. Campaign for Tobacco-Free Kids: It's Not Just Impotence! Smoking Can Wreck and Prematurely Age Your Body Before it Kills You. <http://www.tobaccofreekids.org/research/factsheets/pdf/0035.pdf>
5. Conway, T. L., & Cronan, T. A. 1992. Smoking, exercise, and physical fitness. *Preventive Medicine*, 21, 723–732.
6. Jensen, R. G. 1986. The effect of cigarette smoking on Army Physical Readiness Test performance of enlisted Army medical department personnel. *Military Medicine*, 151, 83–85.