

TOBACCO FACTS YOU SHOULD KNOW

Tobacco and Athletic Performance

- » Students who play at least one sport are 40% less likely to be regular smokers.
- » Smokers run slower and can't run as far, affecting overall athletic performance.
- » Smoking slows lung growth and reduces oxygen available for muscles used during sports.



- » Smokers suffer shortness of breath almost 3 times more often than non-smokers.
- » Nicotine narrows your blood vessels and puts added strain on your heart.
- » Spit tobacco and cigars are not safe alternatives to cigarettes.
- » All forms of tobacco, including second-hand smoke, can severely affect athletic ability.

Tobacco and Personal Appearance

- » Tobacco smoke can make hair and clothes stink.
- » Tobacco stains teeth yellow and causes bad breath.
- » Smoking causes premature facial wrinkles and gray hair.
- » Short-term use of spit tobacco can cause cracked lips, white spots, sores, and bleeding in the mouth.

What Tobacco Companies Don't Want You to Know

- » Tobacco contains over 4,000 chemicals, 11 of which are known to cause cancer in humans.
- » Each day, tobacco products kill 1,200 Americans.
- » Nearly 90% of adults who smoke began at or before age 18.
- » Teenagers are three times as sensitive as adults to cigarette advertising.
- » Tobacco companies spend \$274.3 million each year to promote their products in Minnesota.
- » Each year, tobacco companies make \$1.8 billion from underage sales.