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Sports and recreation...tobacco-free!

Many sports players use tobacco even though it causes harm to their body. Youth can be influenced by players' endorsements, advertisements and product placement. Tobacco use harms a player's ability to perform during a game.

Tobacco use:

- Reduces oxygen available for muscles used in sports and recreational activities
- Causes shortness of breath
- Contributes to decreased levels of physical fitness
- Slows reaction speeds
- Alters visual judgement



Sports and tobacco use do not mix! Play, Live, Be...Tobacco-Free!
For more information go to www.playlivebetobaccofree.ca.

**For health-related information call York Region
Health Connection at 1-800-361-5653 or visit www.york.ca**