

Sports and recreation...tobacco-free!



Some sports players use tobacco even though it causes harm to their body. Youth can be influenced by player's 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 sport and recreational activities
- Causes shortness of breath
- Contributes to decreased levels of physical fitness
- Slows reaction time
- Alters visual judgement

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

For health-related information call York Region *Health Connection* at 1-800-361-5653, TTY 1-866-252-9933 or visit www.york.ca/healthyschools

