

HOW TOBACCO USE AFFECTS PERFORMANCE AND HEALTH

PERFORMANCE

- Increases heart rate, leading to tougher workouts.
- Reduces testosterone production, which affects physical training performance.
- Leaves you needing more time to recover after workouts.
- Disrupts sleep patterns.
- Causes a decline in physical abilities such as reaction time and sustained attention when you experience short-term nicotine withdrawal.
- Can inhibit recovery and muscle repair no matter how good your diet is. Research has shown that tobacco users have almost a 30 percent higher risk for injury than non-smokers and almost 50 percent recover more slowly than non-tobacco users.

WITHDRAWAL CAN:

- Increase cravings/hunger.
- Increase anxiety/irritability.
- Make it difficult to concentrate.
- Lead to depression.

If you're experiencing some of these symptoms, visit [YouCanQuit2](#) for resources and information:

[YouCanQuit2 | Tobacco Cessation Campaign.](#)

For more resources and information, contact your local **Semper Fit**.

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