



Why Athletes Don't Use Tobacco/Nicotine

Cigarettes, E-cigs, little cigars are all the same, they *all* contain nicotine, a dangerous and addictive chemical

Tobacco affects your body's development. Smoking and nicotine are particularly harmful for teens because your body is still growing and changing. The known poisons in these products affect your normal development, including brain development.

Nicotine is addictive. Cigarettes, e-cigs, and little cigars all contain nicotine—a powerfully addictive substance. The younger a person starts using these products, the more likely he or she is to become strongly addicted to nicotine.

Before You Risk It...

Know the law. It is illegal for anyone under 18 to buy cigarettes, smokeless tobacco, or tobacco-related products.

Stay informed. Addiction to nicotine is hard to control. Young people often underestimate the addictiveness of tobacco and the effect of tobacco use on their health. Studies indicate that most teenage and young adult smokers want to quit and try to do so, but few succeed.

Keep your edge. The poisons in cigarettes can affect your appearance. Tobacco stains teeth and nails and, also, dulls skin and hair. There's more! Research confirms smoking causes skin to age prematurely—*wrinkles*—and also links smoking and hair loss—*baldness*.

Tobacco and Nicotine Negatively Affect Athletic Performance



- Smokers get short of breath 3 times more often than nonsmokers.
- Tobacco keeps oxygen from getting to your muscles, making you weaker.
- Nicotine narrows your blood vessels and makes your heart work harder than it should.
- Smoking aggravates asthma attacks in kids who are prone to asthma.
- Smoking reduces athletic ability by interfering with lung function.

If you have additional questions, please visit your school's Certified Athletic Trainer.