

6R Smoking Not A Sporting Chance

Breathing through a straw represents the constriction of _____, decreased lung _____ and shortness of breath a _____ smoker may experience.

During exercise people who smoke:

- Are more easily _____
- suffer shortness of _____
- have reduced _____
- are slower to _____
- have poorer visual _____

Health benefits of quitting smoking include:

- Within one or two days _____ and _____ will be cleared from the body.
- After three month the lungs are able to clean themselves and _____ Improves.

6R Smoking Not A Sporting Chance

Breathing through a straw represents the constriction of airways, decreased lung capacity and shortness of breath a regular smoker may experience.

During exercise people who smoke:

- Are more easily exhausted
- suffer shortness of breath
- have reduced endurance
- are slower to react
- have poorer visual judgement

Health benefits of quitting smoking include:

- Within one or two days carbon monoxide and nicotine will be cleared from the body
- After three month the lungs are able to clean themselves and blood flow Improves.