

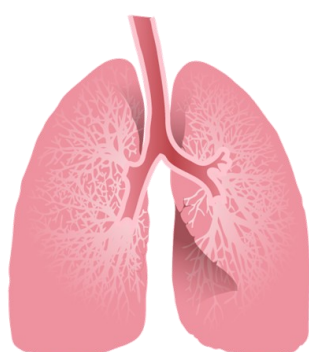
Tobacco Use & Physical Activity

what's the link?

CAMH Nicotine Dependence Services Fact Sheets

How are tobacco use and physical activity connected?

Smoking affects your ability to get active and to recover from injuries. It damages the lungs, causing:



- Asthma
- Shortness of breath
- Coughing and wheezing
- Less lung growth

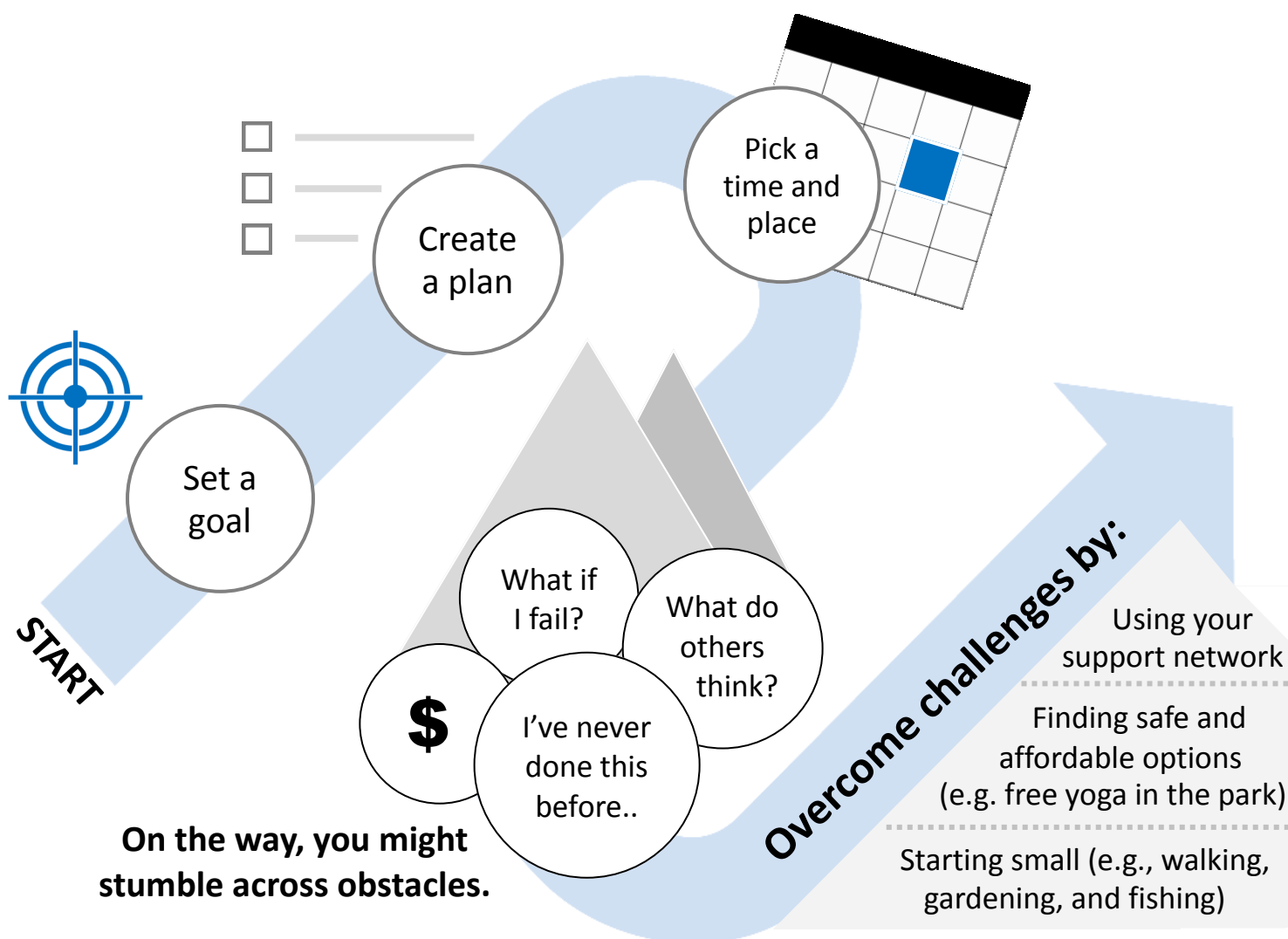
Smoking also affects bone growth and makes individuals more vulnerable to fractures.

Why should I get active while quitting tobacco use?

- Delays development of tobacco-related disease and death
- Becomes more likely to quit
- Helps manage cravings
- Reduces withdrawal symptoms (e.g., anxiety, irritability)
- Improves exercise performance
- Better stress management

Individuals in exercise programs are also more likely to be successful in quitting smoking, and those who are active smoke fewer cigarettes.

How can I get active?



You can also try...

- Different activities to see what feels right for you
- Getting into a routine
- Limiting TV, computer, and social media time
- Becoming part of a team
- Challenging a friend to join you
- Walk, bike, or run instead of driving (when possible)
- Spread activity throughout the week

How can I quit using tobacco?

When you are ready, here are a few ways to get started:



Talk to a health professional.



Join a support group.



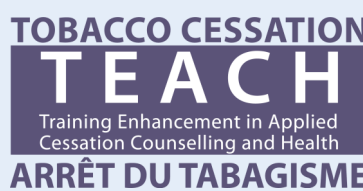
Eat well.



Stay active.

Resources

- [Smoker's Helpline](http://18775135333.com) (1 877 513-5333)
- [Tobacco Atlas](http://tobaccoatlas.org) (tobaccoatlas.org)
- [Public Health Agency of Canada](http://phac-aspc.gc.ca) (phac-aspc.gc.ca)
- [ParticipACTION](http://participation.com) (participation.com)
- [EatRight Ontario](http://eatrightontario.ca) (eatrightontario.ca)



Albrecht, A. E., Marcus, B. H., Roberts, M., Forman, D. E., & Parisi, A. F. (1998). Effect of smoking cessation on exercise performance in female smokers participating in exercise training. *The American Journal of Cardiology*, 82(8), 950-955.

deRuiter, W. K., Cairney, J., Leatherdale, S. T., & Faulkner, G. E. (2014). A longitudinal examination of the interrelationship of multiple health behaviors. *American Journal of Preventive Medicine*, 47(3), 283-289.

deRuiter, W. K., & Faulkner, G. (2004). Tobacco harm reduction strategies: The case for physical activity. *Nicotine & Tobacco Research*, 8(2), 157-168.

Marcus, B. H., Albrecht, A. E., King, T. K., Parisi, A. F., Pinto, B. M., Roberts, M., ... & Abrams, D. B. (1999). The efficacy of exercise as an aid for smoking cessation in women: a randomized controlled trial. *Archives of Internal Medicine*, 159(11), 1229-1234.

Public Health Agency of Canada. (2012). *Physical Activity Tips for Adults (18-64 years)*. Retrieved from: <http://www.phac-aspc.gc.ca/hp-ps/hl-mvs/pa-ap/07paap-eng.php>

Taylor, A. H., Ussher, M. H., & Faulkner, G. (2007). The acute effects of exercise on cigarette cravings, withdrawal symptoms, affect and smoking behaviour: A systematic review. *Addiction*, 102(4), 534-543.

U.S. Department of Health and Human Services. (2004). *The Health Consequences of Smoking: A Report of the Surgeon General*. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health.

U.S. Department of Health and Human Services. (2012). *Preventing Tobacco Use Among Youth and Young Adults: A Report of the Surgeon General*. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health.