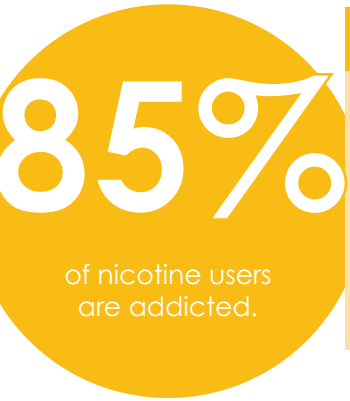


# PROTECT YOUR GAME<sup>®</sup>



## TOBACCO / NICOTINE

**Tobacco/Nicotine** is the most addictive of all drugs, which makes vaping nicotine deceptively dangerous.

**Smoking & vaping also damage the cardiovascular system.**





### LUNG HEALTH = ATHLETE HEALTH

Tobacco/Nicotine is a stimulant; smoking or vaping it:


1. Artificially stimulates the neuromuscular junction.
2. Hurts the heart ( $\uparrow$ blood pressure,  $\uparrow$ heart rate, and  $\downarrow$ blood flow).
3. Reduces lung capacity.
4. Decreases blood/oxygen levels.
5. Delivers cancer causing agents (vaping, e-cigs & cigarettes).

#### Physical Impacts of Tobacco/Nicotine Use:

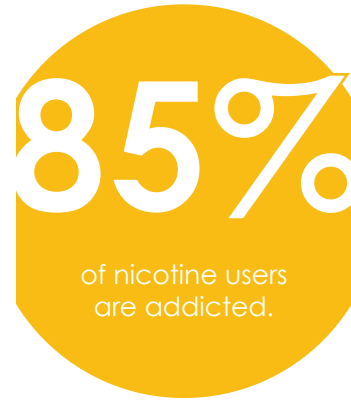
 Stressed pulmonary system (heart and lungs)

 Greater susceptibility to injury

 Slow recovery processes

 Less endurance; weakness

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### ATHLETE BENEFITS:

Best chance for optimal health – physical, mental & emotional.

Potential for maximum athletic performance.

Eliminates distractions.

Perform at highest level possible.

Experience real connection with teammates.

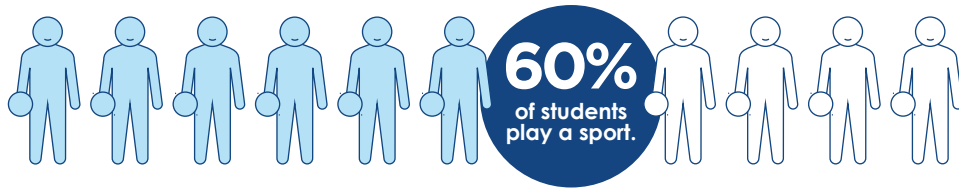
### TEAM BENEFITS:

No competing interests among substance users & non-users.

Team reputation is not compromised.

Ideal team unity.

Limited distraction from performance and team growth.



As each player finds what they can contribute, the team becomes the best it can be. **Don't let substance use get in the way.**

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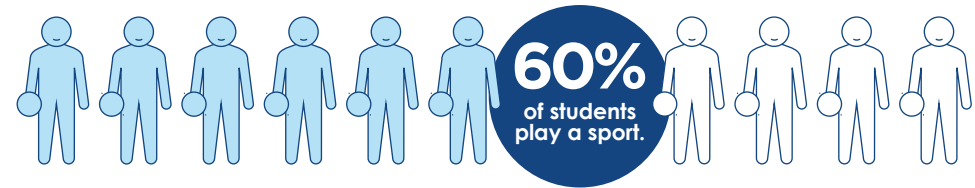
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