



# Physical Activity and Smoking

## Information for First Nations, Inuit, Métis and Urban Indigenous Peoples

### The effects of smoking on the body and physical activity

If you smoke the chemicals can harm your body and have negative effects including:

- Less oxygen for the main organs in your body to work.
- Increased blood pressure.
- Increased heart rate.
- Impact how you eat and the foods you crave.
- Make you more likely to get sick with colds and respiratory illnesses like bronchitis which can make physical activity difficult.

There are negative effects that smoking can have on physical activity, including:

- Harder time breathing.
- More shortness of breath.
- Poor performance in sports or activities.
- Poor endurance.
- Muscles aching during activities.
- Harder time doing daily activities, such as walking.
- Not being physically active can contribute to chronic disease.

For more information visit [tobacchowise.com](https://tobacchowise.com)

Need this information in an accessible format?

1-877-280-8538, TTY 1-800-855-0511, [info@ontariohealth.ca](mailto:info@ontariohealth.ca)

Document disponible en français en contactant [info@ontariohealth.ca](mailto:info@ontariohealth.ca)

### The good news!

- Nicotine withdrawal symptoms decrease during physical activity and up to 50 minutes after.
- Physical activity can be a helpful strategy when quitting or lowering your commercial tobacco use. Short periods of physical activity, like a quick walk, bike or stretch can help to overcome nicotine cravings.
- Physical activity can help prevent weight gain, improve your mood, increase your energy and reduce your stress.



Indigenous Tobacco Program  
[tobacchowise.com](https://tobacchowise.com)



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