

*How Smoking Affects Your  
Workout*

*At the point when you smoke, you hurt your capacity to practice and be physically fit. Smoking harms your athletic exhibition in a few different ways.*



# BLOOD

*The nicotine and carbon monoxide from smoking may make your blood "clingly" and your supply routes may get thin. Thin courses lessen the progression of blood to your heart, muscles, and other body organs, making exercise more earnestly. During exercise, blood stream encourages help oxygen supply to your muscles. On the off chance that your muscles don't get oxygen quick enough, your body can't fill in also.*



# HEART

*Smoking builds your resting pulse. Your resting pulse is what number of pulsates every moment your heart produces when you are not being dynamic.*

*At the point when you smoke, this number is expanded due to the additional work your heart needs to do to prop your body up.*

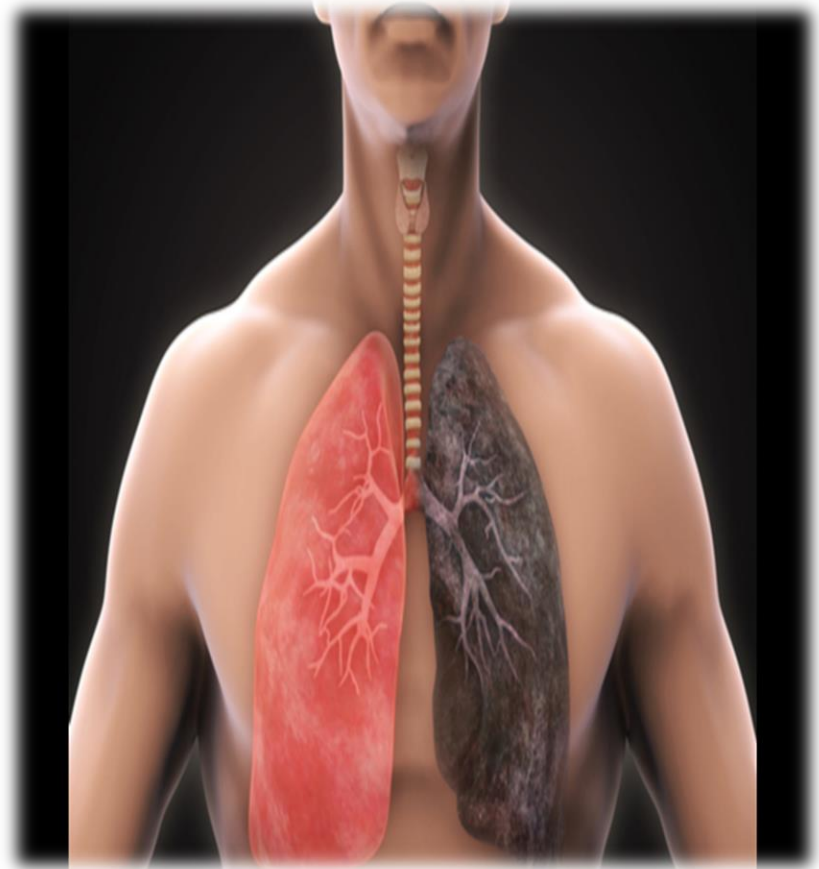
*Your pulse might ascend to hazardous levels to play out the physical exercises you're requesting that your heart do. A higher than ordinary resting pulse can expand the danger of death.*



# LUNGS

*You're able to exercise better when your lung capacity is good and your lungs work well.*

*Smoking hurts your [lung capacity](#). The tar in cigarette smoke coats your lungs and makes the air sacs less elastic. Smoking also produces phlegm that can make your lungs congested. Smoking even a few cigarettes a day can decrease your body's ability to use oxygen effectively.*



## *EXERCISE HELPS YOU QUIT SMOKING*

- Exercise can be an important part of your plan to [quit smoking](#). Exercise reduces cravings and helps you manage other withdrawal symptoms and reduce stress.
- Plus, when you quit, your heart rate will decrease, your blood circulation will increase, and your lung function will improve—making your workout performance better too.