



Workplace *Wellness* Program

Effects of Smoking on your Fitness Levels

Landscapers on site and on the go all day probably think their fitness levels are OK – they get a daily workout but what most probably don't realise is that despite the exercise they're getting, their overall fitness is affected whilst they are smoking. Reduced fitness levels have a bearing on employees' productivity whilst on site.

When thinking about playing sport, going to the gym or training for a triathlon or marathon, smoking doesn't seem to fit into the picture and with good reason. Nevertheless, there are many athletes and weekend warriors who continue to smoke despite the fact that it is impeding their sporting performance.

Unfortunately for them smoking, including passive smoking, greatly reduces an individual's sporting performance by reducing endurance, slowing reaction speeds and affecting visual judgement. In fact, athletes who smoke run out of breath up to three times faster than non-smoking athletes.

Smoking also reduces the amount of oxygen organs and muscles receive. As a result when an individual exercises their muscles do not receive the supply of oxygen needed to work properly and to tolerate the level of exercise being carried out.

Exercising or training regularly does not make up for the damage smoking does to sporting performance. The only thing that will help is to quit smoking and to avoid second-hand smoke. **The improvement in performance will be noticeable immediately and within 5 years of quitting, your fitness levels will be the same as someone who has never smoked.**

There are many benefits of being a smoke-free athlete including:

- Building fitness levels faster
- Having a larger aerobic capacity
- Being able to perform at your peak for longer; and
- Recovering from strenuous activity faster

For more information about quitting smoking, contact your health professional; Cancer Council Queensland on 13 11 20 or Quitline 13 QUIT (13 7848) or visit www.quitnow.info.au

This information was reproduced from information available from Cancer Council Queensland's QUEST program – quest.org.au or available from Cancer Council Queensland's website –



Over the last few weeks our workplace wellness program has focused on quitting smoking which benefits both businesses and individuals.

As a conclusion to this first high risk health topic Landscape Queensland in conjunction with Wesley Health Promotion are holding an information seminar on Wednesday 13th May at 5pm at the National College of Business training room, 727 Stanley Street, Woolloongabba.

Business owners have been encouraged to attend with their employees.

Our next edition will begin a series on alcohol and drugs which will also include suggestions for keeping a check on mental wellbeing too.

For more information visit www.landscapequeensland.com.au/healthier-happier-workplaces

Landscape Queensland is working with Workplace Health and Safety Queensland on a Healthy Workers Initiative as part of the Queensland Government's Healthier. Happier. Workplaces. Initiative.

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