

# STAY MISSION READY.



*U.S. Air Force photo by Airman 1st Class Caitlin Russell*

## Tobacco use impairs your health and ability to serve.

**Smoking or chewing tobacco weakens your immune system** and makes you more likely to get sick, decreases your cardio-respiratory fitness and is the leading cause of cancer, heart and lung disease and preventable deaths.\*

\*Source: U.S. Department of Health and Human Services. The Health Consequences of Smoking—50 Years of Progress: A Report of the Surgeon General

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