

# Being Tobacco-Free and a Warrior/Athlete: A Winning Combination



## Ready to quit?

Quitting tobacco will:

- Increase your stamina and endurance (especially at high altitudes)
- Improve your APFT score
- Increase your night vision
- Decrease your number of sick days
- Improve wound healing
- Improve your sense of smell
- Enhance your sense of taste
- Improve your memory
- Improve your health and that of your family
- Decrease your odor of secondhand smoke, whiten your teeth and freshen your breath
- Cause you to be more socially appealing (most others your age don't smoke)
- Increase the amount of money in your wallet (\$7/day-\$210/month-\$2,520/year)
- Stop premature aging, wrinkles

## Make an Appointment Today!

Okubo Clinic: 966-7547

Family Medicine Clinic:  
968-2637/6512 or  
1-800-404-4506

Winder Clinic: sign-up  
inside at the "Specialty Clinic"

McChord Clinic:  
982-6947

All other patients call TRICARE:  
1-800-404-4506

