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## No Smoking

Posted by blackthinboy - 2008/02/19 12:06

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I thinks smoking and alcohol also effect our fitness.  
May i know about my opinion? Anyway i am not a smoker and drank.

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## Re:No Smoking

Posted by harshads - 2008/02/19 12:13

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Yes 100% sure.  
Smoking and consuming alcohol is injurious to health and those who have habit of doing it then please try to get rid of it.

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## Re:No Smoking

Posted by saggygenius - 2008/02/19 23:22

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its but obvious  
smoking does damage ur lungs to a great extent & also brings down ur stamina . so people who want a healthy & toned body should keep a distance from cigarettes

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## Re:No Smoking

Posted by khairilhusni - 2008/02/19 23:26

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It is a well-known fact that smoking reduces fitness. It does this in a number of ways, chiefly by reducing the amount of oxygen available in the body. Since oxygen plays a major role in energy production, even a minor depletion has an impact on physical performance.

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## Re:No Smoking

Posted by nuaeman - 2008/02/20 03:26

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Off course will effect ou fitness but a lot off people just ignore about it. Some atheles also smoking but not in the public and some even worst than that also have. A lot of them is football player.

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## Re:No Smoking

Posted by angel\_of\_vengeance - 2008/02/20 06:08

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Even in ads they always warn that smoking is dangerous to one's health. I have read that for every stick you smoke during your lifetime, you lose a minute of your life. So for every 1,440 sticks you smoke you lost one day of your life. And one day is one day! :P

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## Re:No Smoking

Posted by bulletservice - 2008/02/24 03:00

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Thats damm true. Even I hate smokers because they are wasting both money and health, this is not the end they are just spoiling health of the person who is standing or sitting nearby him/her.

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