



# NO DIPS. NO BUTTS. MORE GLORY.



## Tobacco Free Living

Tobacco fights dirty. It's a dangerous addiction that's expensive, deadly, and has a serious impact upon readiness. Marines who smoke get sick more often, which translates into more lost workdays and hospitalizations and affects your unit's ability to respond to any crisis. Equally as bad are the effects of secondhand smoke on your fellow Marines. To help you win the battle, the Health Promotion and Wellness Department of the Navy and Marine Corps Public Health Center and your local Semper Fit Health Promotion Program offer you effective resources to end tobacco use and learn about the harmful effects of secondhand smoke.



To learn how our programs can help keep you fit for service and improve your overall health, visit us at [WWW.MED.NAVY.MIL/SITES/NMCPHC/HEALTH-PROMOTION](http://WWW.MED.NAVY.MIL/SITES/NMCPHC/HEALTH-PROMOTION) and [WWW.USMC-MCCS.ORG/HEALTHPROMOTIONS/](http://WWW.USMC-MCCS.ORG/HEALTHPROMOTIONS/).

**NAVY AND MARINE CORPS PUBLIC HEALTH CENTER**  
PREVENTION AND PROTECTION START HERE

