



# Quit Tobacco and...

- Improve Night Vision • Improve Mental Activity • Decrease Need for Water
- Increase Lung Capacity • Increase Stamina • Decrease Injuries & Accidents
- Increase Ability to Manage Stress • Improve Fine Motor Coordination

**Are You Compromising the Mission?**



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