Abstract:
Smoking is a practice in which a substance is burned and the resulting smoke breathed into tasted and absorbed into the blood stream. Most commonly the substance is the dried levels of the tobacco plant which have been rolled into a small square of rice paper to create a small round cylinder called a ‘cigarette’. More than 4,000 chemical substances are present in cigarette smoke, including at least so that can cause cancer. These substances include arsenic, tar, co. Cigarette also contain nicotine which causes physical and psychological addiction to tobacco. Smoking is among the leading causes of death around the world. College students of W.B. state are of mostly age of 16 to 20 years. Smoking causes both immediate and long-standing effects on exercise and physical activity. Smoker’s increased risks for cancer, heart, and respiratory diseases are well known. Smokers also have less endurance, poorer physical performance, increased rates of injury and complications. For peak performance, heart, lungs muscles need oxygen-rich blood. Through tobacco smoke co enters into blood stream and binds to red blood cells. Then oxygen delivery to muscles and other body tissues is prevented. This causes an increased in lactic acid that caused muscles ‘burning’ fatigue, heavier breathed and increased soreness after exercise. As the college students are suffers with addiction of nicotine as well as smoking so their physical activity is reduced noted in different district of W.B. state of India.

Keywords: Smoking, Physical activity, Tobacco.

Introduction:
Every year, more than 480,000 people die in the United States (U.S.) due to tobacco-related diseases. That is around 1 in 5 of all deaths in the U.S. annually. It is estimated that 1 in 2 smokers will die from a smoking-related disease. Two poisons in tobacco that affect peoples' health are: Carbon monoxide is found in car exhaust fumes and is fatal in large doses. It replaces oxygen in the blood and starves organs of oxygen and stops them being able to function properly. Tar is a sticky, brown substance that coats the lungs and affects breathing. Smoking affects many different areas of the body. Smoking can increase the likelihood of having a stroke by 2 to 4 times. Strokes can cause brain damage and death. One way that stroke can cause brain injury is through a brain aneurysm, which occurs when the wall of the blood vessel...
Weakening and creates a bulge. This bulge can then burst and lead to a serious condition called a subarachnoid hemorrhage. Smoking can make bones weak and brittle, which is particularly dangerous for women, who are more prone to osteoporosis and broken bones. Smoking causes plaque to build up in the blood. Plaque sticks to the walls of arteries (atherosclerosis), making them narrower; this reduces blood flow and increases the risk of clotting. Coronary heart disease - narrow or blocked arteries around the heart. It is among the leading causes of death in the U.S. Carbon monoxide and nicotine in cigarettes make the heart work harder and faster; this means that smokers will find it more difficult to exercise. Even smokers who smoke 5 or fewer cigarettes a day can have early signs of cardiovascular disease. The immune system protects the body against infection and disease. Smoking compromises this and can lead to autoimmune diseases, such as Crohn's disease and arthritis. Perhaps the most obvious part of the body affected by smoking is the lungs. In fact, smoking can impact the lungs in a number of different ways. Primarily, smoking damages the airways and air sacs (known as alveoli) in the lungs. Oftentimes, lung disease caused by smoking can take years to become noticeable, this means it is often not diagnosed until it is quite advanced. There are many lung and respiratory problems caused by smoking; below are three of the most common in the American population: Chronic obstructive pulmonary disease (COPD): This is a long-term disease that worsens over time. It causes wheezing, shortness of breath, and chest tightness. It is the third leading cause of death in the U.S. There is no cure. Chronic bronchitis: This occurs when the airways produce too much mucus, leading to a cough. The airways then become inflamed, and the cough is long-lasting. In time, scar tissue and mucus can completely block the airways and cause infection. There is no cure, but quitting smoking can reduce symptoms. Emphysema: This is a type of COPD that reduces the number of sacs in the lungs and breaks down the walls in between. This destroys the person's ability to breathe, even when resting. In the latter stages, patients often can only breathe using an oxygen mask. There is no cure, and it cannot be reversed (Tom Semour, Jul2017). 29% reported current smoking, of which 70% were nondaily smokers. Compared to daily smokers, nondaily smokers were younger, African American (compared to White), had mothers with higher education, belonged to Greek organizations, and attended private (vs. public) schools. Nondaily smokers were less likely to have used illicit drugs. Nondaily smokers are intermittent tobacco users who most often do not consider themselves to be smokers, creating a challenge for interventions. Nondaily smokers often minimize the health effects of their tobacco use. Because they do not typically self-identify, nondaily smokers and are less likely than daily smokers to be identified by clinicians (Erin L. Sutfin et al.). Smoking among college students had remained at a fairly steady level for decades: between 18 and 19 percent from 1980 to 1999, according to a survey by Monitoring the Future. But from 2000 to 2012, the proportion of college students who report smoking daily fell from 18 percent to 5 percent. Other trends have also changed over time: Whereas college women were more likely to be smokers than men from 1980 to 1992, that trend has reversed. As of 2012, 17 percent of male college students reported smoking in the past 10 days, compared to 10 percent of female college students (Rudy Miler et al). Smoking is among the leading causes of death around the world. Every year, nearly 13,000 people in Quebec die due to the consequences of smoking. It is estimated that a smoker is three times as likely to die between the ages of 35 and 70 as a non-smoker. In addition, half the people who smoke at age 20 and don’t quit die of a tobacco-related disease. Cigarettes have a major impact on the lungs. An estimated 85% of cases of chronic obstructive pulmonary disease (COPD) and of lung cancer are caused by smoking. About a third of all cancer cases are due to smoking, including: Cancer of the oesophagus Cancer of the mouth Cancer of the uterus Bladder cancer Stomach cancer Pancreatic cancer Tobacco use is also a significant cause of heart disease. In fact, smoking considerably increases the risk of heart attack and stroke. Smoking can also affect fertility. In addition, smoking during pregnancy can adversely affect foetal development, for example, increase the likelihood of premature birth and low birth weight. Apart from the serious health consequences...
mentioned above, smoking can also impact your everyday life. It can affect your breathing, causing coughing and shortness of breath. It increases the risk of respiratory tract infection, including bronchitis. All of these occurrences can significantly reduce your quality of life. Smoking can also affect you in many other ways, for example: It can alter your senses of smell and taste. It reduces your ability to perform physical exercise and your energy level. It has an adverse impact on your physical appearance (yellow teeth, prematurely aged skin, unpleasant odor, and so on). It condemns you to a life of repeatedly trying to suppress feelings of withdrawal that exposes you to a greater risk of depression and anxiety. It affects your relationships with family, friends, and colleagues. Smoking causes both immediate and long-standing effects on exercise and physical activity. Smokers’ increased risks for cancer and heart and respiratory diseases are well known. Yet in terms of exercise and physical activity, smokers also have: Less endurance. Poorer physical performance. Increased rates of injury and complications to achieve peak performance. Your heart, lungs, and muscles need oxygen-rich blood. When you inhale tobacco smoke, carbon monoxide (just one of the 4,000-plus chemicals found in tobacco — more than 50 of which are known to cause cancer) binds to red blood cells. Oxygen is displaced, preventing delivery to the muscles and other body tissues. This causes an increase in lactic acid (the substance that causes muscle “burning,” fatigue, heavier breathing, and increased soreness after exercise). This decrease in oxygen will reduce your physical endurance, making it more difficult for you to do well in sports. It makes it harder to do everyday things, too, like walking up stairs. Decrease in oxygenation also causes a smoker’s resting heart rate to be higher than a nonsmoker’s, as the heart must work harder to deliver enough oxygen to the body. A number of physical endurance studies have shown that smokers reach exhaustion before nonsmokers do and can’t run as far or as fast as nonsmokers. Additional results noted that smokers: Obtained less benefit from physical training. Had less muscular strength and flexibility. Experienced disturbed sleep patterns. Suffered from shortness of breath almost three times as often as nonsmokers. Are nearly twice as likely to suffer an injury than nonsmokers. Require more time to heal after an injury, or risk not healing at all. Many think that smoking causes inflammation only in the lungs. However, smoking also affects your bones and joints, putting you at increased risk for developing the following conditions: Osteoporosis. Rheumatoid arthritis. Low back pain. Exercise-related injuries, such as Bursitis. Tendonitis. Sprains. Fractures. Higher risk for complications during surgery, if needed. Teen and preteen smokers experience the same negative effects of tobacco that adult smokers do, such as: Lower physical endurance and performance compared to nonsmoking peers. Shortness of breath. Increased sports-related injuries. Poorer overall health. Smoking among teens and preteens can also slow down their lung growth, impair lung function, and cause their hearts to beat faster than those of nonsmokers. Slower recovery from injuries. Physical exercise is any bodily activity that enhances or maintains physical fitness and overall health and wellness. It is performed for various reasons, including increasing growth and development, preventing aging, strengthening muscles and the cardiovascular system, honing athletic skills, weight loss or maintenance, and also enjoyment. Frequent and regular physical exercise boosts the immune system and helps prevent certain "diseases of affluence" such as coronary heart disease, type 2 diabetes, and obesity. It may also help prevent stress and depression, increase quality of sleep and act as a non-pharmaceutical sleep aid to treat diseases such as insomnia, help promote or maintain positive self-esteem, improve mental health, maintain steady digestion and treat constipation and gas, regulate fertility health, and augment an individual's sex appeal or body image. Childhood obesity is a growing global concern, and physical exercise may help decrease some of the effects of childhood and adult obesity. Some care-providers call exercise the "miracle" or "wonder" drug—alluding to the wide variety of benefits that it can provide for many individuals. Aside from the health advantages, these benefits may include different social rewards for staying active while enjoying the environment of one's culture. Many individuals choose to exercise publicly outdoors where they can congregate in groups, socialize, and...
appreciate life. Physical exercises are generally grouped into three types, depending on the overall effect they have on the human body. Aerobic exercise is any physical activity that uses large muscle groups and causes the body to use more oxygen than it would while resting. The goal of aerobic exercise is to increase cardiovascular endurance. Examples of aerobic exercise include running, cycling, swimming, brisk walking, skipping rope, rowing, hiking, playing tennis, continuous training, and long slow distance training. Anaerobic exercise, which includes strength and resistance training, can firm, strengthen, and tone muscles, as well as improve bone strength, balance, and coordination. Examples of strength moves are push-ups, pull-ups, lunges, and bicep curls using dumbbells. Anaerobic exercise also include weight training, functional training, eccentric training, Interval training, sprinting, and high-intensity interval training increase short-term muscle strength. Flexibility exercises stretch and lengthen muscles. Activities such as stretching help to improve joint flexibility and keep muscles limber. The goal is to improve the range of motion which can reduce the chance of injury.

Effects of Physical Exercise with Smokinz:

Physical exercise can also include training that focuses on accuracy, agility, power, and speed. Sometimes the terms ‘dynamic’ and ‘static’ are used. ‘Dynamic’ exercises such as steady running, tend to produce a lowering of the diastolic blood pressure during exercise, due to the improved blood flow. Conversely, static exercise (such as weight-lifting) can cause the systolic pressure to rise significantly (during the exercise). Research into smoking and stress has shown that instead of helping people to relax, smoking actually increases anxiety and tension. Nicotine creates an immediate sense of relaxation so people smoke in the belief that it reduces stress and anxiety. This feeling of relaxation is temporary and soon gives way to withdrawal symptoms and increased cravings. Smoking reduces nicotine withdrawal symptoms, which are similar to the symptoms of anxiety, but it does not reduce anxiety or deal with the underlying causes. Nicotine stimulates the release of the chemical dopamine in the brain. Dopamine is involved in triggering positive feelings. It is often found to be low in people with depression, who may then use cigarettes as a way of temporarily increasing their dopamine supply. However, smoking encourages the brain to switch off its own mechanism for making dopamine so in the long term the supply decreases, which in turn prompts people to smoke more. Six Measures against Smoking Investigated (a) Smoking tax: the most effective measure is raising taxes on cigarettes and other smoking apparel. It effects mostly young smokers and people with lower incomes. Of course, different countries apply different taxes, which could stimulate cigarette trafficking. (b) Public smoking prohibition: prohibiting smoking in public places, on trains, at the job and in bars, is an efficient and scientifically grounded measure which is not expensive. The job site is the most preferred place to implement a smoking prohibition, which is quite logical considering people tend to spend most of their days there. Employees are encouraged to smoke less due to this measure and some of them might even quite smoking altogether. (c) Government campaigns: media and school campaigns, supported by the government are only effective if they are systematically repeated, which costs a lot of money. Most of the time, however, they reflect one-time only elective stunts, dramatically reducing their effectiveness. (d) Commercial ban: banning television commercials issued by tobacco companies could potentially be effective, as could reducing the places that sell smoking apparel. The tobacco lobby, however, will try everything to prevent this from happening, and they are quite powerful. Furthermore, there is an extensive distribution network and bar owners who offer smoking goods to their customers. All these groups would put pressure on the government. (e) Health warnings: the basic thought here is to make cigarettes and the like less attractive by adding horrible pictures to the package, such as lungs of a smoker, and so on. It turns out that these pictures only have an effect on people who were already planning to quit. People get used to anything. (f) Individual stops: it could help if physicians would more often casually encourage their smoking patients to stop. Sadly, most physicians don’t do this. Most doctors tend to see smoking as habitual behavior, for which the smokers themselves should
be held accountable (BlaBla, 2017). Research states that regular encouragement of a physician could potentially convince 2% of smokers to stop, which is actually a decent result. If the physicians would also provide some support in the form of regular meetings to follow the efforts of the patient, this chance could even double. Exercise reported as walking, stair climbing, and sports play related inversely to total mortality, primarily to death due to cardiovascular or respiratory causes. Death rates declined steadily as energy expended on such activity increased from less than 500 to 3500 kcal per week, beyond which rates increased slightly. Rates were one quarter to one third lower among alumni expending 2000 or more kcal during exercise per week than among less active men. With or without consideration of hypertension, cigarette smoking, extremes or gains in body weight, or early parental death, alumni mortality rates were significantly lower among the physically active. Relative risks of death for individuals were highest among cigarette smokers and men with hypertension, and attributable risks in the community were highest among smokers and sedentary men (Ralph S. Paffenbarger et al.). According to problem behavior theory (PBT), human behaviors are composed of problem behaviors (i.e. delinquent or norm-volatile behaviors) and conventional behaviors that are socially approved of. 10 Problem and conventional behaviors can be extended into the health behavior domain since health behaviors are also likely to be affected by social norms. 11 For example, because of their well-known impact on health, smoking and excessive alcohol consumption can be considered as problem behaviors, and regular physical activity can be considered as a conventional behavior. Most studies that have examined relations of physical activity with alcohol consumption and smoking among college students have been conducted in the United States of America (USA) and European countries. The results of previous studies examining the association between physical activity and alcohol consumption vary from country to country. Although most studies conducted in the USA show positive relations between physical activity and alcohol consumption, one European study found a negative relation between these two behaviors. 20 Research findings regarding the relation between physical activity and cigarette smoking among college students are relatively consistent (Dong-Chul Seo et al).

**Toxicity of Tobacco with Physical Exercise:**

Tobacco use has predominantly negative effects on human health and concern about health effects of tobacco has a long history. Research has focused primarily on cigarette tobacco smoking. A close link between smoking and lung cancer (Richard Doll, 1950). Four years later, in 1954, the British Doctors Study, a study of some 40,000 doctors over 20 years, confirmed the suggestion, based on which the government issued advice that smoking and lung cancer rates were related. Smoking is the cause of about 5 million deaths per year. This makes it the most common cause of preventable early death. One study found that male and female smokers lose on average of 13.2 and 14.5 years of life, respectively. Another found a loss of life of 6.8 years. Each cigarette that is smoked is estimated to shorten life by an average of 11 minutes. At least half of all lifelong smokers die earlier as a result of smoking. Smokers are three times as likely to die before the age of 60 or 70 as non-smokers. Shorten life by an average of 11 minutes. At least half of all lifelong smokers die earlier as a result of smoking. Smokers are three times as likely to die before the age of 60 or 70 as non-smokers. The primary risks of tobacco usage include many forms of cancer, particularly lung cancer, kidney cancer, cancer of the larynx and head and neck, bladder cancer, cancer of the esophagus, cancer of the pancreas and stomach cancer. Studies have established a relationship between tobacco smoke, including secondhand smoke, and cervical cancer in women. In smoking, long term exposure to compounds found in the smoke (e.g., carbon monoxide and cyanide) are believed to be responsible for pulmonary damage and for loss of elasticity in the alveoli, leading to emphysema and COPD. Smoking also increases the chance of heart disease, stroke, atherosclerosis, and peripheral vascular disease. Several ingredients of tobacco lead to the narrowing of blood vessels, increasing the likelihood of a blockage, and thus a heart attack or stroke. According to a study by an
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international team of researchers, people under 40 are five times more likely to have a heart attack if they smoke. The risk of kidney cancer, smoking can also contribute to additional renal damage. Smokers are at a significantly increased risk for chronic kidney disease than non-smokers. Smoking is harmful to the ovaries, potentially causing female infertility, and the degree of damage is dependent upon the amount and length of time a woman smokes. Nicotine and other harmful chemicals in cigarettes interfere with the body’s ability to create estrogen, a hormone that regulates folliculogenesis and ovulation. Smokers report higher levels of everyday stress. Several studies have monitored feelings of stress over time and found reduced stress after quitting. The deleterious mood effects of abstinence explain why smokers suffer more daily stress than non-smokers and become less stressed when they quit smoking. Deprivation reversal also explains much of the arousal data, with deprived smokers being less vigilant and less alert than non-deprived smokers or non-smokers. A number of studies have shown that tobacco use is a significant factor in miscarriages among pregnant smokers, and that it contributes to a number of other threats to the health of the fetus. It slightly increases the risk of neural tube defects. Nicotine, the drug that makes tobacco addictive, goes to your brain very quickly. Nicotine makes you feel good when you are smoking, but it can make you anxious, nervous, moody, and depressed after you smoke. Using tobacco can cause headaches and dizziness. Smoking increases your heart rate and blood pressure and causes heart disease and heart attacks. If you try to do activities like exercise or play sports, your heart has to work harder to keep up. Smoking causes dry, yellow skin and wrinkles. The smell sticks to your skin. Less blood and oxygen flows to your muscles, which causes them to hurt more when you exercise or play sports. Second hand smoke is a significant public health concern and driver of smoke-free policies. Also called passive or secondary smoke, second hand smoke increases the risk for many diseases. Exposure to environmental tobacco smoke among non-smokers increases lung cancer risk by about 20 percent. Second hand smoke is estimated to cause approximately 53,800 deaths annually in the United States. Exposure to tobacco smoke in the home is also a risk factor for asthma in children (National Institute on Drug Abuse Advancing Addiction Study, March 2017). Regular physical activity can improve the health and quality of life of Americans of all ages, regardless of the presence of a chronic disease or disability. Among adults and older adults, physical activity can lower the risk of: Early death, Coronary heart disease, Stroke, High blood pressure, Type 2 diabetes, Breast and colon cancer, Falls, Depression. Among children and adolescents, physical activity can:

- Improve bone health
- Improve cardio respiratory and muscular fitness
- Decrease levels of body fat
- Reduce symptoms of depression
- Improve cognitive skills
- Improve ability to concentrate

Conclusion:

Exercise is the movement of different body part at static and dynamic kinds. Graded exercise provides different physiological changes of body as well as increased performance and activity at different field works. Smoking persons has tremendous harmful effects to body include physical activity. The college students are addicted with smoking by different causes and suffers with at decreased level of low performance. Through smoking tobacco entering into blood stream decreased the activity of lung, heart, blood vessels etc. Maternal smoking in pregnancy is the main preventable cause of morbidity and death among women and infants. Smoking is associated with adverse pregnancy and birth outcomes, including miscarriage, still birth, prematurity, low birth weight, congenital abnormalities, and neonatal or sudden infant death (BMJ 2015). Reduction in health-damaging smoking behavior among adolescents could be an additional benefit of being physically active. This research documented a new pathway by which even moderate increases in physical activity could result in improving health outcomes by reducing smoking (Mir M. Ali et al, 1 May 2015). From different sites it is clear that students link with smoking lowered the physical activity with decreased the efficiency with activity.

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