

## Tobacco Free: Mission Possible!

On June 7, 2009 Allumez!Abandonnez! Representatives organized a race promoting Smoke Free parks and beaches in a way that got everyone active and having fun. To start, each team was given a clue leading them to 1 of 5 stations. At each station, players had to carry out a tobacco free challenge as quickly as possible before getting a clue for the next station. Each challenge involved critical thinking skills or physical activity with a tobacco free message. The fastest teams won prizes donated by Subway, Young's and Canadian Tire. Everyone had a great time!



Saving youth,  
one butt at a time!

The Allumez!  
Abandonnez! reps  
who made this  
event possible!



Teams were getting started as Katie and Brijette gave the first clue.



“The Crutches” team at the rapping station where participants were asked to create a rap or interpretive dance.



Participants were asked to breathe through a straw after running for 10 seconds. The purpose was to demonstrate how hard it is to breathe when you have emphysema. Emphysema is a lung disease that is caused by exposure to toxic chemicals, including exposure to tobacco smoke. It makes it really hard to breathe.

This is a picture of a lung showing emphysema characteristic of smoking. Close up of fixed, cut surface shows multiple cavities lined by heavy black carbon deposits. (CDC/Dr. Edwin P. Ewing, Jr., 1973)



### Tobacco Free: Mission Possible Station

In the dark, players had to find items with tobacco related questions attached and answer them correctly to get the clue for the next station. flashlights.



The Winning Team:  
The Wawa Travellers! Dawson Bernath, Cameron Moore, Heather Spooner, and Neil Mills.