

January 11, 2024

Good morning! It's Jason from 752 and I'm here this Thoughtful Thursday on behalf of the S.E.A.L Team.

Did you know that today is "Cigarettes are Hazardous to Your Health Day"? Many people have heard the truth about the devastating effects of cigarettes, including but not limited to lung diseases and cancer. It's vital to understand that these health risks are not limited to just cigarettes. Vaping, which has become increasingly popular, also poses serious health threats.

Vaping involves inhaling aerosols produced by electronic cigarettes, which can contain harmful chemicals. Despite the misconception that it's a safer alternative to traditional smoking, vaping can still lead to various health issues, including respiratory problems and nicotine addiction. It's essential to be aware of the dangers associated with vaping and not underestimate its impact on our well-being.

If you ever find yourself in a situation where you're pressured to smoke or vape, remember to prioritize your body's long-term health. A quote that resonates with this idea is, "Respect your mind and body; they are your most valuable possessions." This quote reminds us to make choices that safeguard our physical and mental well-being, resisting temptations that can jeopardize our health in the long run.

Thanks for listening have a Treat your Body like a Temple Thursday 😊

SEAL Team pledge:

We are the Dyker S.E.A.L. Team

Positivity is our dream

We teach it every day

To help others live the optimistic way

We learn to control our emotions and feelings

So, we always have effective social dealings

No stone left unturned; no person left behind

Every member of our team has the power to be kind

We spread kindness to our friends, families, and those who need a smile

When facing hardships and adversity, the S.E.A.L. Team goes the extra mile

