

Nearly 20 percent of daily smokers say they exercise three or more times a week

 devblogs.microsoft.com/oldnewthing/20060706-21

July 6, 2006



Raymond Chen

Several months ago, *The Seattle Times* ran a story on people who smoke and also work out. In the article, personal trainer Will Baldyga compares it to other dissonant behavior such as pigging out on ice cream after a workout. I have to admit that on rare occasions, I lapse into such behavior (“justifying” bad eating habits with exercise), but on the whole, I manage to keep myself honest.

[Raymond Chen](#)

Follow

