Roberto has a problem. What can he do?

Roberto is 40 years old. He works long days in a warehouse. On breaks and at lunchtime many of his colleagues smoke cigarettes. Roberto smokes, too. He usually smokes about a pack of cigarettes a day. He wants to quit smoking, but it’s very hard. Roberto plays soccer every Saturday. These days he feels tired after playing for twenty minutes. Sometimes he needs to sit down and ask a teammate to play for him.

Roberto doesn’t want to quit soccer. What can he do?