



## Great news about coffee!

# Can Coffee Help You Get in Shape?

There are many reasons that coffee is America's favorite beverage. In addition to tasting great, keeping you alert and boosting your mood, coffee can also help you shape up and stay fit.

For your body workout, a number of studies have shown how coffee can enhance physical performance. The research shows coffee may be especially useful for athletes engaged in sports like swimming, running or cycling.<sup>1</sup> Many studies prove coffee boosts energy and helps people do what they do. Coffee may increase stamina, reduce fatigue<sup>1</sup> and even lessen muscle pain.<sup>2</sup> For many people, experts say that a cup or two of coffee 30-60 minutes before a workout may do the trick.<sup>2</sup> Coffee's pain relieving effect on sore muscles keeps working after you exercise as well. You also may be surprised to learn that coffee is just as hydrating for your body as water.<sup>3</sup>



For working out your mind, coffee's a good friend too, whether you're reading, playing bridge, studying, or even doing a crossword puzzle. In fact, evidence shows that coffee enhances thinking performance, enabling test takers to score higher particularly when under stress.<sup>4</sup>

And you don't have to be working out to reap the health benefits of coffee. Scientific studies have found that coffee lowers the risk of getting type 2 diabetes.<sup>5</sup> Research shows that coffee drinkers show much less liver damage, even if they're at higher risk due to cirrhosis, hepatitis or alcohol abuse – and that coffee also reduces the risk of liver cancer.<sup>6,7</sup> Other research tells us that coffee may help prevent Parkinson's Disease.<sup>8</sup> Studies also show that coffee helps protect the brain in other ways, too, such as preventing cognitive decline in older men and reducing the risk of Alzheimer's Disease.<sup>9</sup>

So enjoy that cup of joe, that iced coffee or that delicious, healthful coffee smoothie. Because with every sip you're getting more antioxidants than you will from any other beverage – and many more health benefits besides!<sup>10</sup>

For flavorful and healthful food creations, you may want to try the coffee recipes available at [www.coffeescience.org](http://www.coffeescience.org).

<sup>1</sup>Effects of caffeine on prolonged intermittent-sprint ability in team-sport athletes. *Med Sci Sports Exerc*: 2006.

<sup>2</sup>Effect of caffeine on leg muscle pain during cycling exercise among females. *Med Sci Sports Exerc*: 2006.

<sup>3</sup>Fluid, electrolyte, and renal indices of hydration during 11 days of controlled caffeine consumption. *Int J Sport Nutr*. 2005.

<sup>4</sup>Coffee consumption is inversely associated with cognitive decline in elderly European men: the FINE Study. *Eur J Clin Nutr*: 2007.

<sup>5</sup>Coffee, Caffeine, and Risk of Type 2 Diabetes: A prospective cohort study. *Diabetes Care*: 2006.

<sup>6</sup>Coffee and cirrhosis: active ingredients? *Arch Intern Med*: 2006.

<sup>7</sup>Influence of Coffee Drinking on Subsequent Risk of Hepatocellular Carcinoma: A Prospective Study in Japan. *J Natl Cancer Inst*: 2005.

<sup>8</sup>Smoking, Caffeine, and Nonsteroidal Anti-inflammatory Drugs in Families With Parkinson Disease. *Arch Neurol*: 2007.

<sup>9</sup>Does caffeine intake protect from Alzheimer's disease? *Eur J Neurol*: 2002.

<sup>10</sup>Coffee and cardiovascular disease: In vitro, cellular, animal, and human studies. *Pharmacol Res*: 2007.

