



## Great news about coffee!

# Take Your Workout to the Next Level with the Irresistible Smoothie



No matter what the season, it seems like there's always a pressing reason to get into better shape – getting ready for swimsuit season, making up for over-indulging during the holidays, getting buffed up for a special reunion or celebration.

When time is of the essence, here's a simple tip that may help take your workout to the next level – whether you're running outdoors or working out at the gym.

Scientific studies suggest that consuming the equivalent of 2 cups of coffee about an hour before your workout may benefit you in a number of ways. It may help you stay hydrated.<sup>1</sup> It may help increase stamina.<sup>2</sup> And, it may help reduce the muscle pain associated with some types of exercise.<sup>3</sup>

With that in mind, here's a great recipe for workout success: we call it the "Power Lift!"

### **The Power Lift Makes 4 servings**

- 1½ cups brewed coffee, cold or at room temperature
- 2 6-ounce containers plain low-fat yogurt (1½ cups)
- 2 medium, ripe bananas – peeled and sliced
- 3-4 ice cubes
- 2 tablespoons toasted wheat germ
- 2 tablespoons honey, or to taste (use more or less depending on the ripeness of the bananas)

Place all ingredients in a blender container. Cover and blend on high speed for 1 minute or until smooth. This makes enough for 4 glasses. Serve immediately – sharing with friends. Or, if you're having this at home, freeze 3 servings to enjoy another day.

This coffee banana smoothie is a smart snack to have about an hour before your workout. Yogurt is a stellar source of calcium, the banana adds potassium, wheat germ kicks in extra vitamin E, and coffee contributes some vigor. All the way around, this is a healthful snack. So here we go...

### **Now, go get fit!!**

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

<sup>1</sup>Fluid, electrolyte, and renal indices of hydration during 11 days of controlled caffeine consumption. *Int J Sport Nutr.* 2005.

<sup>2</sup>Effects of caffeine on prolonged intermittent-sprint ability in team-sport athletes. *Med Sci Sports Exerc.* 2006.

<sup>3</sup>Effect of caffeine on leg muscle pain during cycling exercise among females. *Med Sci Sports Exerc.* 2006.

