



## David Fairlamb

# THE FIT FACTOR

### LIFESTYLE CHANGE

Coffee contains caffeine, which is a natural stimulant that can help increase your alertness and energy levels. However, it is important to note that the impact of coffee on individuals can vary depending on individual factors such as age, health status and personal tolerance to caffeine. Of course, if you like the taste there is always decaffeinated coffee as an alternative.

### FITNESS TIP

It is recommended that athletes consume coffee in moderation and avoid consuming large amounts before or during exercise. It is also important to stay hydrated and listen to the body's signals when consuming coffee or other caffeine-containing drinks.

Don't miss David's tips every Saturday in your Journal

**C**OFFEE is one of the most popular drinks in the world, and is often consumed as a means of waking up in the morning or staying alert throughout the day. Coffee has been shown to have positive and negative effects on us all including athletic performance.

#### ■ The Positives of Drinking Coffee

■ **Increased alertness and energy:** Coffee contains caffeine, which is a natural stimulant that can help increase your alertness and energy levels. It can also be used by athletes who need an extra boost of energy during workouts or competitions.

■ **Improved endurance:** Caffeine has been shown to help increase endurance during exercise by improving the body's ability to burn fat for fuel. This can help prolong exercise time and improve overall performance whilst also burning more calories.

■ **Reduced muscle pain:** Coffee contains antioxidants, which have been shown to help reduce muscle pain and soreness after exercise. This can promote faster recovery and allow you to return to training

more quickly.

■ **Increased focus:** Caffeine can help improve focus and concentration, which can be beneficial for those who need to stay focused and alert for prolonged periods of time, or for athletes during training or competitions.

#### ■ Negatives of Drinking Coffee

■ **Increased heart rate:** Caffeine can cause an increase in heart rate, which can be dangerous for individuals with pre-existing heart conditions. It can also cause anxiety and jitters in some individuals.

■ **Dehydration:** Coffee can act as a diuretic, which can cause dehydration if consumed in large quantities. This can be particularly problematic for those with certain medical conditions and athletes who need to

stay hydrated during more endurance based exercise.

■ **Insomnia:** Drinking coffee later in the day can interfere with sleep patterns, which can negatively impact recovery and overall health. Research shows that those over fifty who drink a strong coffee after midday are more likely to have their sleep affected that evening.

■ **Dependency:** Regular consumption of coffee can lead to a dependency on caffeine, which can cause withdrawal symptoms when consumption is reduced or stopped. This can lead to decreased productivity throughout the day and impact your overall health and wellness.

#### ■ Effect on Exercise

The impact of coffee on exercise can be both positive and negative. Some studies have shown that caffeine can help improve endurance and overall performance during exercise, while others have suggested that it can cause negative side effects such as increased heart rate and dehydration.

It is important to note that the



*Live life to the fullest and focus on the positives*

**Motivational quote of the day**

impact of coffee on individuals can vary depending on individual factors such as age, health status, and personal tolerance to caffeine. You can enjoy the benefits of coffee

while minimizing the potential negative effects on your health. Of course if you like the taste there is always decaffeinated coffee as an alternative.