



# Boost your exercise with caffeine

Caffeine does more than just give you energy. It can improve exercise performance too. And if you are someone who struggles with motivation, caffeine may give you the mental boost you need to get moving.



Caffeine may help you get just a little more out of your exercise session. It may improve:

- Muscle endurance
- Speed of movement
- Muscle strength
- Aerobic endurance
- Alertness and focus

## Make caffeine work for you:

- Consume a dose of caffeine an hour before you exercise.
- 1-3 mg caffeine per pound of body weight has been shown to be most effective.
- One cup of coffee has about 100 mg of caffeine.
- Energy drinks and other forms of caffeine can also work. But be wary of what else may be in them and read the label carefully.
- Talk to your doctor before taking any supplements.
- Don't overdo it! More is not better and won't give any additional benefit.