

The Many Perks of Drinking Coffee Other Than Perking You Up

By Phoebe Eastone - Aug 31, 2015 <http://www.fitnessbin.com/the-many-perks-of-drinking-coffee-other-than-perking-you-up/>

There are so many other reasons for you to love your cup of java other than its delightful taste and aroma. Most experts say that having 4 to 5 cups of the brewed drink allows you to enjoy a wide variety of favorable effects on both the body and mind. So if you want to fall even more in love with coffee, read on to know the reasons why it's so good for you.

It Provides Your Body with Healthful Antioxidants

Green tea and cocoa are revered for their superb antioxidant content. But did you know that coffee beats both of them? Scientific investigations revealed that there are around 1,000 antioxidants present in unprocessed coffee beans. When those beans are roasted, more of those health-giving molecules show up! It's no secret that antioxidants help combat unwanted free-radical activity, chronic inflammation, heart disease, cancer, obesity and even aging.

Caffeine in Coffee Boosts Short-Term Memory

A study conducted by Austrian researchers revealed that there's a noteworthy surge in the brain activity of volunteers who were given a 100-milligram dose of caffeine — about the same amount present in a cup of joe. The experts observed that the memory skills of the volunteers were improved because of the effect of caffeine in certain areas of the brain responsible for memory and concentration. How long the short-term memory boost lasts? No one really knows.

Drinking Coffee Enhances Workout Performance

Scrap what some fitness experts say about dodging coffee before working out as it leaves you dehydrated. Recent studies have shown that the consumption of up to 500 milligrams of caffeine — about 5 cups of coffee — is not enough to dehydrate your body to the point that it interferes with your workout. In fact, you may even get the most out of every gym session because caffeine strengthens muscular contraction, combats fatigue and reduces your perception of pain.

It Helps You Burn More Fat Effectively

Ever wonder why caffeine is a staple ingredient in so many fat-burning supplements on the market? That's because this substance coffee is loaded with is said to help boost the metabolism by as much as 3-11%. Studies have shown that caffeine can increase the burning of fat by up to 29% in lean individuals and as much as 10% in obese people.

Coffee Consumption Makes You Feel Happy

Several studies revealed that coffee consumption and depression have an inverse relationship. In other words, people who drink more coffee are less likely to suffer from depression. Experts are unsure as to what makes coffee beat the blues, but it is for sure that caffeine has an impact on dopamine and serotonin levels, neurotransmitters that control the mood.

There are Essential Nutrients in a Cup of Coffee

Don't assume that coffee is just water with black coloring and superb flavoring. The health-conscious in you will surely be delighted to know that a cup of coffee actually contains riboflavin (vitamin B2), niacin (vitamin B3), pantothenic acid (vitamin B5), magnesium, manganese and potassium. Oh, and it's packed with thousands of antioxidants too!

With all of these perks, it's safe to assume that your favorite java is one of the healthiest beverages on the planet. Don't be too shy to share the things you particularly love about coffee!