



Sippin' Slim by Lindsay Kehl

Coffee drinkers are on the rise and there is now one more reason to join this movement. Not only has coffee become a must for social gatherings, it is now a staple in health clubs too. Coffee holds many positive attributes that keep you energetic throughout your workout while helping you burn off unwanted pounds. This pre-workout metabolism boost has no calories and has the natural ability to help you maximize every movement.

It should come as no surprise that caffeine is the key component of coffee that helps burn extra calories. Caffeine increases your body's energy while turning up your metabolic rate. Even though in this case it is temporary, an increased metabolism will help you burn more calories whether you are walking on a treadmill or benching 250lbs. In addition, caffeine is the same element that will get you more motivated to work out if you are feeling sluggish.

Coffee also has the ability to suppress your appetite. Try sipping on a cup of black coffee before you dive into that divine chocolate cake or during a holiday party. You may find that you indulge less than usual while cutting your calorie

consumption in half. This is a great way to fight emotional eating and calm random acts of snacking.

Here are some pointers to help shed a few pounds effortlessly:

DRINK IT BLACK: Leave out the sugar and creamer. By opting out of the extras you can save yourself between 100-200 unwanted calories.

PRE-WORKOUT BOOST: Try sipping on a cup of hot coffee right before you hit the gym. You will have an extra boost of energy and find it easier to complete that last rep, all while melting extra pounds.

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SIP BEFORE SNACKING: The next time you have a craving and it is not time for your next meal, drink some coffee. You will find it easier to turn down the unnecessary calories.

CHOOSE WISELY: Spare yourself the empty calories in a drink and

swap it out with a black 'cup of Joe'. Coffee, unlike most other beverages, has Zero calories and is guilt free.

As you can see, a simple lifestyle change could support your fitness goals. So, do not be surprised if you see people sipping out of a steaming mug instead of a chilled water bottle on their way into the gym. It might not be a bad idea. In fact, by introducing coffee into your weight loss routine, you might be one step closer to hitting your goals without much effort at all.

COMMIT TO YOURSELF!

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