

# The Surprising Benefits of Drinking Coffee

Do you need a cup of coffee to get you through the morning at work? Do your friends constantly tell you that you drink too much of it? Well, you can fire back at them with the benefits of drinking coffee, and there are plenty of them! Read on to discover some of the most surprising benefits of drinking coffee...

**Coffee will help you to kick the bad mood you are in**



Have you been feeling a bit down lately? If so, some java could be the perfect thing to help you get out of the slump you are in. You are probably well aware that [coffee](#) is good for an afternoon pick-up when you are experiencing a lull in productivity in work. But it does so much more than this! Coffee's mood-boosting effects are incredible. There was a study that was conducted by Harvard's School of Public Health, which found that drinking it considerably lowered the risk of suicidal tendencies and acted as an antidepressant. No wonder I'm such a happy person!

## Coffee can improve your memory

Another reason to treat yourself to an [Espresso Gusto](#) or any other luxury coffee machine is because it can improve your memory. This was found in a study conducted at John Hopkins University in 2014. The study concluded that caffeine could improve the brain's capability when it comes to creating long-term memories. The impact can last up to a full day, creating a deeper and improved level of memory retention.

## Coffee can boost your endurance



Not only does coffee improve the memory and get rid of your bad mood, but it can boost your endurance too. Endurance athletes are constantly on the lookout for what can give them that extra push to take their performance to the next level. In two separate pieces of research that were conducted, it was found that coffee could give this edge. One of the studies was on triathletes in the UK. Those tested boasted five per cent faster performance times when having a cup of coffee before working out. When I ran 5K races, a cup of joe was always in my hand before the run.

## Helps you recover quicker

Last but not least, coffee not only gives you more from your actual workouts and performances, but you will recover a lot quicker too. This is music to the ears of anyone that works out. There is nothing worse than having [achy muscles](#) for days on end after your latest session. Yes, there can be a sense of pride when you feel the ache come on, as it shows you have

worked hard. But when it starts getting in the way of your next session, it can be a real problem. Luckily, coffee can help with this!

As you can see, there are many different benefits associated with drinking coffee. We all knew that coffee tasted good, but who knew it could be so beneficial as well? So, next time you have a drink of the good stuff, you can think about all the good it is doing for you!



**This post has been contributed.**