

Energy Explained: From Fuel to Focus

Energy encompasses both physical energy, which supports bodily functions and movement, and mental energy, which supports information processing, decision-making, and other cognitive activities.



FOOD

Carbohydrates, proteins, fats

Glucose, amino acids

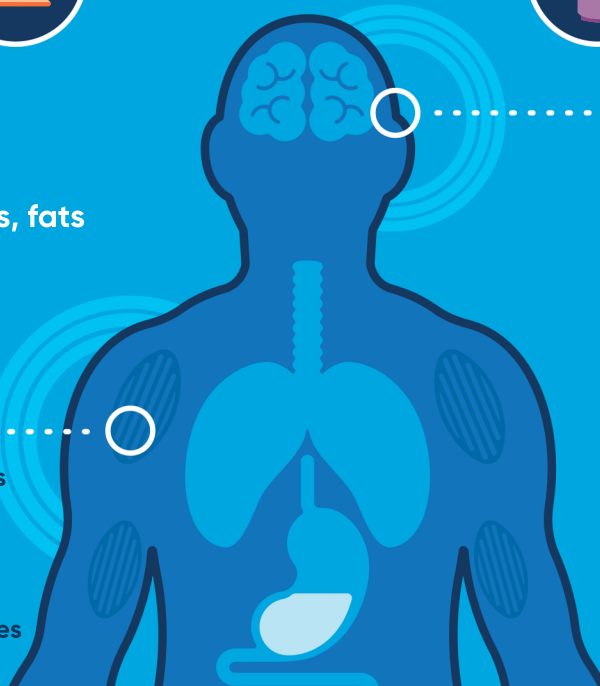
Physical energy

- Fuels workouts & training sessions
- Supports muscle performance and recovery
- Replenishes glycogen stores
- Provides calories for daily activities



CAFFEINE

- Helps nerve cells fire faster
- Constricts blood vessels to improve blood flow to muscles
- Helps maintain focus during tasks/activities
- Reduce perceived fatigue



What Does The Research Say?

Results From Well-Designed Studies on Caffeine Show:



Exercise readiness and reaction time may be improved by caffeine consumption



Mood may be improved and/or maintained by caffeine consumption



Caffeine is shown to support benefits independent of sugar consumption

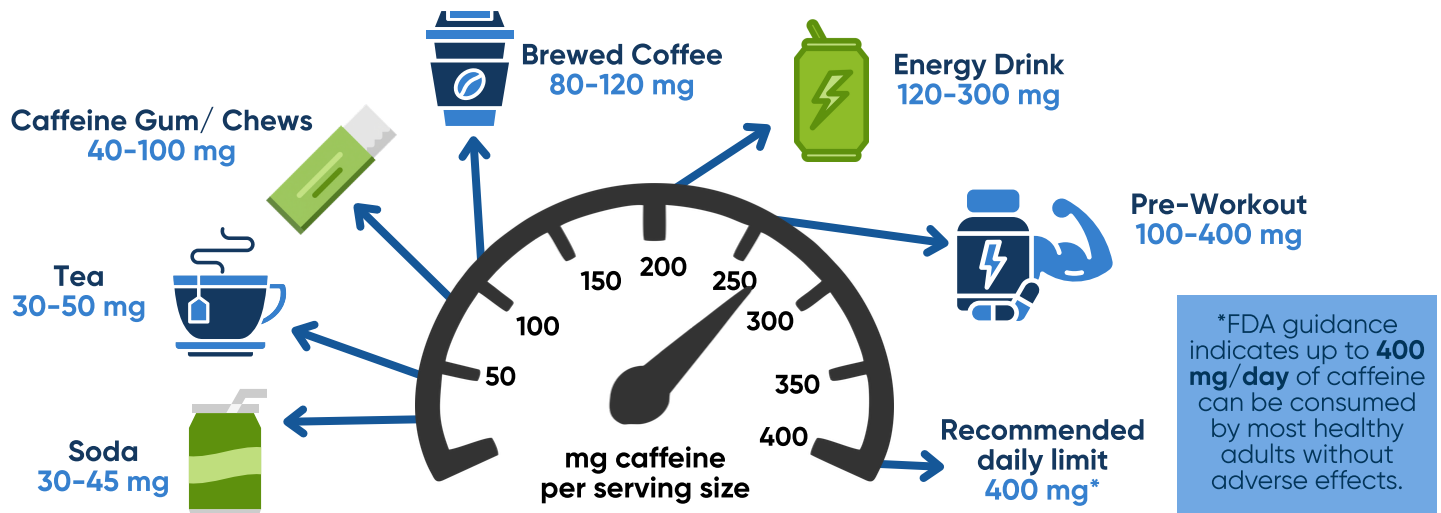


Caffeine may contribute to improved cognitive performance at a doses of 75mg or more



Caffeine may support exercise performance when consumed at doses of ≤ 3 mg/kg body weight (~200 mg)

COMMON CAFFEINE PRODUCTS - CONTENT & CLAIMS



NOTE: Caffeine content in these and other products can vary depending on the serving size, ingredients used, the manufacturing process and other factors

PHYSICAL ENERGY CLAIMS

"Energy to help keep you going" relates to the physical energy provided via calories.

The image shows a box of Quaker Fiber & Protein cereal. A yellow box highlights the "KEEP GOING" claim, which states: "Helps fuel you up to have the energy you want to help keep you going on a busy morning." Below this, it mentions "GUT HEALTH. Fiber (contains 2.5g total fiber per serving) to help support a healthy digestive system." The box also features a small gauge icon with a needle pointing towards the 'F' (Fuel) side.

MENTAL ENERGY CLAIMS

"Mental focus" relates to attention and focus supported by both caffeine and L-theanine.

The image shows two products: a can of Pure Leaf Raspberry Pure Leaf tea and a box of Mental Focus tea. A yellow box highlights the "MENTAL FOCUS" claim on the box, which states: "NATURALLY CAFFEINATED FROM BLACK TEA L-THEANINE". The can also features a "MENTAL FOCUS" label with the same text.

PUTTING IT INTO PRACTICE

As interest in caffeine and energy continues to grow, clients may increasingly seek your guidance on these topics. Understanding what falls within your professional scope – and when to refer clients to other qualified healthcare providers – is essential to ensuring safe, effective, and appropriate care.

Personal Trainers & Fitness professionals CAN:

- Explain that food provides calories and fuel.
- Discuss caffeine content of foods / beverages.
- Educate on reading nutrition / supplement labels.
- Share evidence-based fitness guidance about caffeine as it relates to workout behaviors.

Personal Trainers & fitness professionals SHOULD NOT:

- Prescribe caffeine dosages.
- Provide individualized nutrition plans specifying energy and/or caffeine needs.
- Recommend caffeine use for medical conditions.
- Advise clients to exceed product directions.

***IMPORTANT NOTE:** If your client reports any of the following symptoms, please encourage them to get a medical evaluation: Heart palpitations, unexplained elevated blood pressure, dizziness, significant sleep disruption, anxiety worsening with caffeine, use of stimulant medications, pregnancy or breastfeeding questions

References

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