

《早上打不起精神？这个方法比喝咖啡更有用》

导读:喝咖啡不一定能提神还不利健康，研究发现爬楼梯更利于提神。



Forget your morning coffee - spend 10 minutes walking up and down some stairs instead.

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It sounds like a nightmare. But according to new research, that little bout of exercise will do far more for your energy levels than if you were to take the elevator while slurping on a soda or a cappuccino - and saves you some money.

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The study aimed to simulate the hurdles faced in a typical office setting, where workers spend hours sitting and staring at computer screens and don't have time for a longer bout of exercise during the day.

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For the study, participants on separate days either ingested capsules containing caffeine or a placebo, or spent 10 minutes walking up and down stairs - about 30 floors total - at a low-intensity pace.

??10????-????30??

To test the effects of caffeine versus the exercise, each group took some verbal and computer-based tests to gauge how well they performed certain cognitive tasks.

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Neither caffeine nor exercise caused large improvements in attention or memory, but stair walking was associated with a small increase in motivation for work.

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There is still much research to be done on the specific benefits of exercising on the stairs, especially for just 10 minutes. But even a brief bout of stair walking can enhance feelings of energy without reducing cognitive function.

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You may not have time to go for a swim, but you might have 10 minutes to walk up and down the stairs.

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