

CHARLESTON, SC, September 18, 2013 **/24-7PressRelease/** -- As a prized hotspot serving up decadent baked goods, sandwiches and breakfast selections,

[Whisk Bakery and Cafe](#)

in Charleston, South Carolina, has been a major proponent of embracing early morning meals. While those who are fitness-oriented have found that eating a carb-rich morning snack, such as a muffin, can be a great way to power up the body for an early workout, some may be surprised to learn that caffeinated coffees may also help improve exercise. Serving up local coffee roasts, Whisk Bakery and Cafe takes a deeper look at this trend.

In order to shed more light on how a proper amount of coffee can boost workout performance, Whisk Bakery and Cafe points to a recent article on the subject from Shape Magazine. In the [article](#)

, Dr. Mike Roussell explains, "I recommend drinking your java before a.m. exercise so you can take advantage of the shot of caffeine to optimize your workout. Caffeine has powerful nootropic effects, meaning it manipulates neurotransmitters to alter how the brain functions. While we all think of caffeine as a stimulant, it doesn't directly stimulate as much as it prevents or blocks the action of neurotransmitters that promote sedation and relaxation."

Roussell continues in the article, "Your pre-workout caffeine-packed cup of coffee isn't just going to give you the mental edge, though--it will also help you burn more fat. The exact mechanism in which caffeine works to enhance fat-burning has yet to be conclusively nailed down (as it probably works via several different mechanisms), but it primarily seems to work by increasing the breakdown and release of fat."

In a recent press statement, Whisk Bakery and Cafe responds, "We have been proud to serve the local Charleston professional community each morning and afternoon with a top-notch selection of local coffee roasts. While our coffee beverages can help give locals a boost for the work day, we expect to see more Charleston fitness fans stopping by for a local brew to enhance their morning workout."

While the Shape article may help many come to dispel the anti-fitness stereotypes that coffee has carried for many years--such as people often believing the drink causes dehydration--some may not know what roasts to select prior to working out. According to the article, choosing a coffee roast may depend on the nature of the individual, as it states, "An easy way to adjust how much caffeine you consume is to change the type of coffee that you are drinking. Dark roasted coffee has less caffeine, and light roasted coffee has more."

"We have a variety of local roasts that can provide the range of caffeine that coffee lovers are

Whisk Bakery and Cafe Offers Charleston Fitness Buffs Locally Roasted Coffee

Written by Australian Business

looking for. In terms of health, we are proud to serve up locally-roasted coffees, as research has shown that fresh roasted coffee often contains more antioxidants and nutrients than your standard commercial-grade coffee. Whether you are looking for a workout pick-me-up, a work day boost or a delicious drink, Whisk Bakery and Cafe has Charleston residents covered," the restaurant concludes in its press statement.

ABOUT:

Located in historic Charleston, South Carolina, [Whisk Bakery and Cafe](#) prides itself on offering its patrons the finest, flakiest pastries, the freshest baked breads and garden crisp, colorful salads. While Whisk already boasts a loyal clientele, those who work and live in the surrounding Meeting Street location are continuously drawn in by the bakery's intoxicating aromas. In addition to offering exceptional pastries, desserts and baked goods, Whisk is noted for its impressive array of flavorful, bold coffee beverages. Open early seven days a week, Whisk features fresh lunch and dinner options for those who want to eat-in or dine-out.