- Psychophysiology



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IN FOCUS

Step Up Your Energy

A GOOD REASON TO TAKE THE STAIRS MORE OFTEN

» Next time you feel sluggish, skip the caffeine and hit the stairs. That's the word from scientists in *The Journal of Physiology & Behavior.* They found that going up and down the steps at a moderate pace for 10 minutes restored energy more effectively than consuming 50 mg of caffeine (about the amount in a can of soda). Turns out that quick burst of exercise wakes up the brain to boost alertness.