



**MEADVILLE LOCATION**  
900 Water Street, Downtown Mall  
Meadville, PA 16335  
814-720-4825 (phone)  
814-601-0930 (fax)  
meadville@vitalityhealthandwellness.com

**GROVE CITY LOCATION**  
209 South Broad Street  
Grove City, PA 16127  
724-458-5522 (phone)  
814-601-0930 (fax)  
grovecity@vitalityhealthandwellness.com

**LAKEWOOD LOCATION**  
130 Chautauqua Avenue  
Lakewood, NY 14750  
716-763-8880 (phone)  
814-601-0930 (fax)  
lakewood@vitalityhealthandwellness.com

## January 2024 Vitalit-E-News References

### **New Year's Resolutions: Healthier You at Every Weight**

Bruno, Barbara Altman. 2013. "History of the Health At Every Size® Movement, Part 1". <https://asdah.org/history-of-the-health-at-every-size-movement-part-1>

Center for Disease Control. N.D. "Health Effects of Overweight and Obesity". Revised Sept. 24, 2022. <https://www.cdc.gov/healthyweight/effects/index.html>

Gold, Sunny Sea. 2020. "What if we Stopped Focusing on Weight?". *Health*; 34(1): 33-35.

Hall, Kevin D, and Scott Kahan. 2018. "Maintenance of Lost Weight and Long-Term Management of Obesity." *The Medical Clinics of North America*; 102(1): 183-197. doi:10.1016/j.mcna.2017.08.012

Health at Every Size. N.D. "Principles of Health at Every Size." Retrieved Dec. 25, 2023. <https://asdah.org/health-at-every-size-haes-approach>

Penney, Tarra L, and Sara F L Kirk. 2015. "The Health at Every Size Paradigm and Obesity: Missing Empirical Evidence May Help Push the Reframing Obesity Debate Forward." *American Journal of Public Health*; 105(5): e38-42. doi:10.2105/AJPH.2015.302552

### **Crimson Antioxidants to the Rescue**

Briskey, David, et al. 2022. "Effectiveness of "Moro" Blood Orange Citrus sinensis Osbeck (Rutaceae) Standardized Extract on Weight Loss in Overweight but Otherwise Healthy Men and Women—A Randomized Double-Blind Placebo-Controlled Study." *Nutrients*; 14(3); 427. doi:10.3390/nu14030427

Grosso, Giuseppe, et al. 2013. "Red Orange: Experimental Models and Epidemiological Evidence of its Benefits on Human Health." *Oxidative Medicine and Cellular Longevity*; 2013: 157240. doi:10.1155/2013/157240

### **Blood Orange Tonic Water**

Moore, Marisa. 2019. Sparkling Blood Orange Mocktail. Marisa Moore Registered Dietitian Nutritionist. <https://marisamoore.com/blood-orange-mocktail>

### **Benefits of Green Coffee Beans**

Farah, Adriana, et al. 2008. "Chlorogenic Acids from Green Coffee Extract are Highly Bioavailable in Humans." *The Journal of Nutrition*; 138(12): 2309-15. doi:10.3945/jn.108.095554

Roshan, Hanieh, et al. 2018. "Effects of Green Coffee Extract Supplementation on Anthropometric Indices, Glycaemic Control, Blood Pressure, Lipid Profile, Insulin Resistance and Appetite in Patients with the Metabolic Syndrome: A Randomized Clinical Trial." *The British Journal of Nutrition*; 119(3): 250-258. doi:10.1017/S0007114517003439

Sudeep, H V, and K Shyam Prasad. 2021. "Supplementation of Green Coffee Bean Extract in Healthy Overweight Subjects Increases Lean Mass/fat Mass Ratio: A Randomized, Double-blind Clinical Study." *SAGE Open Medicine*; 9: 20503121211002590. doi:10.1177/20503121211002590

### **Essential Manganese**

Avila, Daiana Silva, et al. 2013. "Manganese in Health and Disease." *Metal Ions in Life Sciences*; 13: 199-227. doi:10.1007/978-94-007-7500-8\_7

National Institute of Health. N.D. "Manganese." Revised Mar 29, 2021. <https://ods.od.nih.gov/factsheets/Manganese-HealthProfessional/>

Oregon State University: Linus Pauling Institute. N.D. "Manganese." Retrieved Dec. 24, 2023. <https://lpi.oregonstate.edu/mic/minerals/manganese>

### **HITT to be Fit**

Atakan, Muhammed Mustafa, et al. 2021. "Evidence-Based Effects of High-Intensity Interval Training on Exercise Capacity and Health: A Review with Historical Perspective." *International Journal of Environmental Research and Public Health*; 18(13): 7201. doi:10.3390/ijerph18137201

Ito, Shigenori. 2019. "High-intensity Interval Training for Health Benefits and Care of Cardiac Diseases - The Key to an Efficient Exercise Protocol." *World Journal of Cardiology*; 11(7): 171-188. doi:10.4330/wjc.v11.i7.171

Harvard: T.H. Chan School of Public Health. N.D. "HIIT (High Intensity Interval Training)." Revised Nov. 2021. <https://www.hsph.harvard.edu/nutritionsource/high-intensity-interval-training>