

This research paper was originally written as a final paper in Dr. Almstedt's Advanced Nutrition course. She instructed us to pick any topic of interest that was related to nutrition. I wanted to find a topic that interested me and something that could apply to my own life. As I began brainstorming, I realized I wanted to find something related to fitness and health since this is an important aspect of my routine and a topic, I am passionate about. Not long before I learned about the research paper, I had started drinking Celsius Live Fit fitness drinks before working out. The drink claims to provide healthy energy for a workout, accelerate metabolism and burn body fat, but I wanted to learn more about how or why this pre-workout energy drink has an effect.

In the early stages of my research, I quickly realized my topic (the effects of Celsius Live Fit on weight loss in general) was much too broad. Dr. Almstedt helped me to realize I needed to narrow down my topic to a specific ingredient within the drink. I learned that some of the key ingredients are green tea leaf extract, caffeine, and ginger extract, but the ingredient that sparked my interest was the green tea extract (GTE). From there, I began my semester-long research project about the effects of GTE on weight loss. The paper was required to be ten pages long and had to include at least ten resources, five of which were peer-reviewed journal articles.

The library website was a huge help to my research process. I was able to use Onesearch+ to begin my search for appropriate, reliable resources. Other databases that I heavily relied on throughout the research process were Google Scholar and PubMed. These sites allowed me to find peer-reviewed journal articles relating to my topic. By searching for keywords such as "green tea extract," "green tea extract and weight loss," or "green tea extract and metabolism." This led me to a variety of reliable resources discussing what green tea extract is and how effective it is concerning weight loss. When coming across articles that had a title of interest, I

would start by reading through the abstract to ensure the information included in the article would be pertinent to my research. If it seemed like a relevant resource, I would read through the article and then review the source as well as the authors to ensure its reliability. A crucial part of the research process is looking into the sources and authors to ensure validity, reliability, and lack of bias in the information provided. A lot of times, reading through the article would lead me to other potential source options as I can across references listed within the article. I learned that this was a successful method to use when looking for more information on a particular subtopic but using options like OneSearch+ or Google Scholar were great when exploring a new subtopic.

Most of the paper relied on the information I was able to find through research, as this was somewhat of a meta-analysis on the effects of GTE. Because of the importance of the validity of the resources I used, I met with Dr. Almstedt throughout the semester to review the sources I was using and the progress I was making on the paper. Other than these check-in meetings, I worked independently on the paper. These meetings were crucial as during these times Dr. Almstedt helped me to locate additional sources and overcome challenges in attaining access to full articles. A problem I continuously ran into when using Google Scholar or PubMed was only having access to the abstract of articles I came across. This is where using the library website and OneSearch+ was key as I was able to access and use a large majority of articles I came across.

Overall this research paper allowed me to become much more successful in finding peer-reviewed journal articles, determining their reliability, and analyzing their contents. I enjoyed writing this paper, I learned so much about green tea extract and its effects, as well as realized my interest in research and desire to participate in more research opportunities in the future.