ABSTRACT

THESIS: Pre-Bariatric Surgery Physical Activity Intervention

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To investigate the effect of a 12-week internet-based PA intervention (Active Living Every Day (ALED)) on average steps/day and time spent in sedentary, light, and moderate/vigorous activity/day, PA was objectively measured at baseline and follow-up using the Omron pedometer and the Actigraph GT3X in 11 bariatric patients (2 male, 9 female; 41±12 years). Significant changes (p<.05) were found in weight, BMI, body fat %, waist and hip circumference, submaximal RPE, percentage of individuals reporting PA and perceived exercise barriers from baseline to follow-up. No significant differences were found in steps/day or daily activity level from baseline to follow-up. Bariatric participants averaged 4454±203 steps/day and 74% of their day was spent sedentary. Based on this data it appears that the 12 week PA intervention was not effective in significantly changing PA behavior in the pre-surgery, but lead to improvements in cardiovascular risk factors, RPE and potential exercise barriers.