

**ABSTRACT**

**THESIS:** Bariatric Surgery Physical Activity Intervention

**STUDENT:** Megan Johnson

**DEGREE:** Master of Science

**COLLEGE:** Applied Sciences and Technology

**DATE:** May, 2013

**PAGES:** 142

**Purpose:** To investigate the effect of the 12-week Active Living Every Day (ALED) internet-based PA intervention on PA levels, health profile and health-related psychosocial factors in bariatric patients. **Methods:** Efficacy of the ALED program was compared across pre-intervention, post-intervention and six-month post-surgery time points. PA was measured using the Omron pedometer (HJ-720ITC) and Actigraph GT3X accelerometer in 19 bariatric patients (2 male, 17 female,  $43 \pm 12$  years). **Results:** Mean steps/day and time spent in sedentary, light, and MVPA increased from pre-intervention through six-months post-surgery. Significant improvements ( $P < 0.05$ ) in body composition occurred from pre-intervention to post-intervention and from post-intervention to six-month post-surgery. **Conclusion:** The 12-week ALED PA intervention did not significantly improve PA levels in previously sedentary bariatric surgery patients who were non-compliant prior to bariatric surgery or six-months post-surgery; however, the intervention led to improvements in cardiovascular risk factors, RPE and self efficacy.

Keywords: Bariatric Surgery, ALED Intervention, Lifestyle Physical Activity