

Physical Activity and Quality of Life Improvements Before Obesity Surgery

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Objective: To examine quality of life (QOL), physical activity (PA), and physical activity readiness (PAR) among gastric-bypass surgery (GBS) candidates. **Methods:** The SF-36v2, International Physical Activity Questionnaire, and a stages-of-change measure assessed QOL, PA, and PAR respectively across 2 presurgical visits. **Results:** Increases in mental QOL, PA, and PAR were observed across visits. Sufficiently physically active participants reported significantly higher physi-

cal QOL than did insufficiently physically active participants. **Conclusions:** Findings demonstrating positive presurgical changes in PA and PA readiness as well as the association between PA and QOL warrant increased efforts to promote PA adoption and maintenance among GBS candidates.

Key words: quality of life, morbid obesity, gastric bypass surgery, physical activity, stages of change

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