

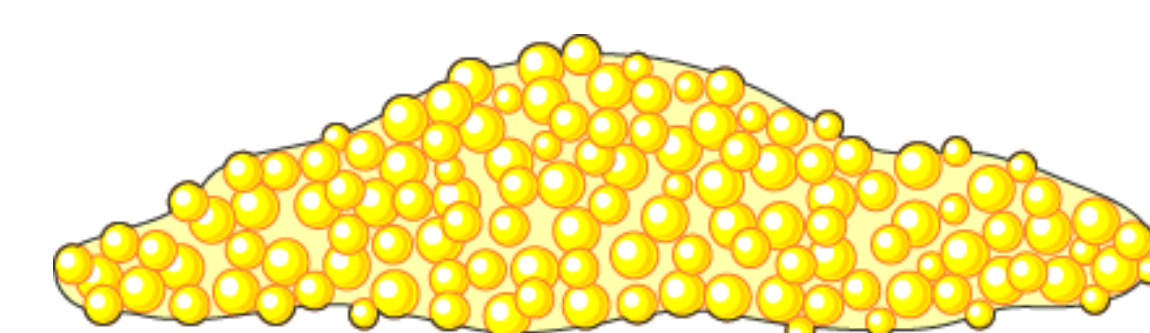
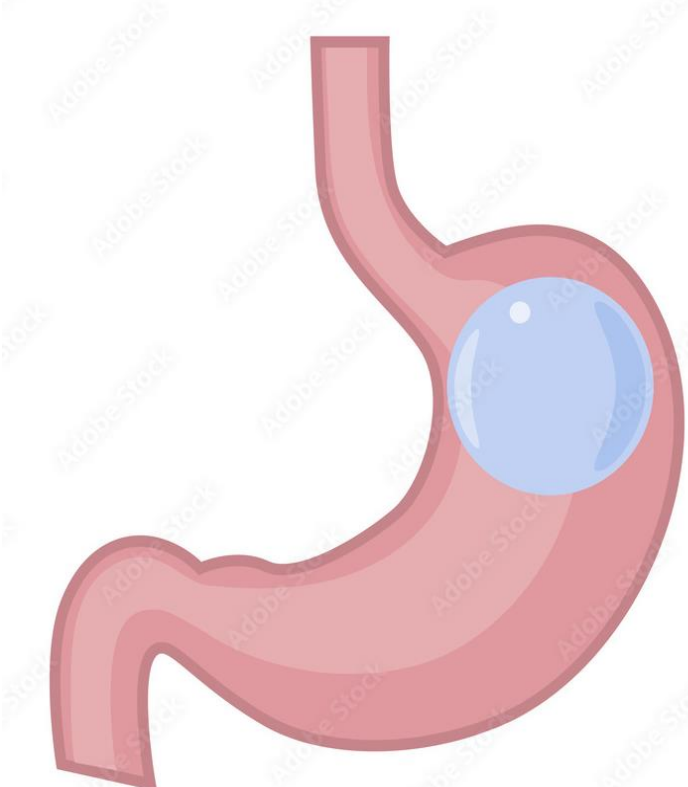
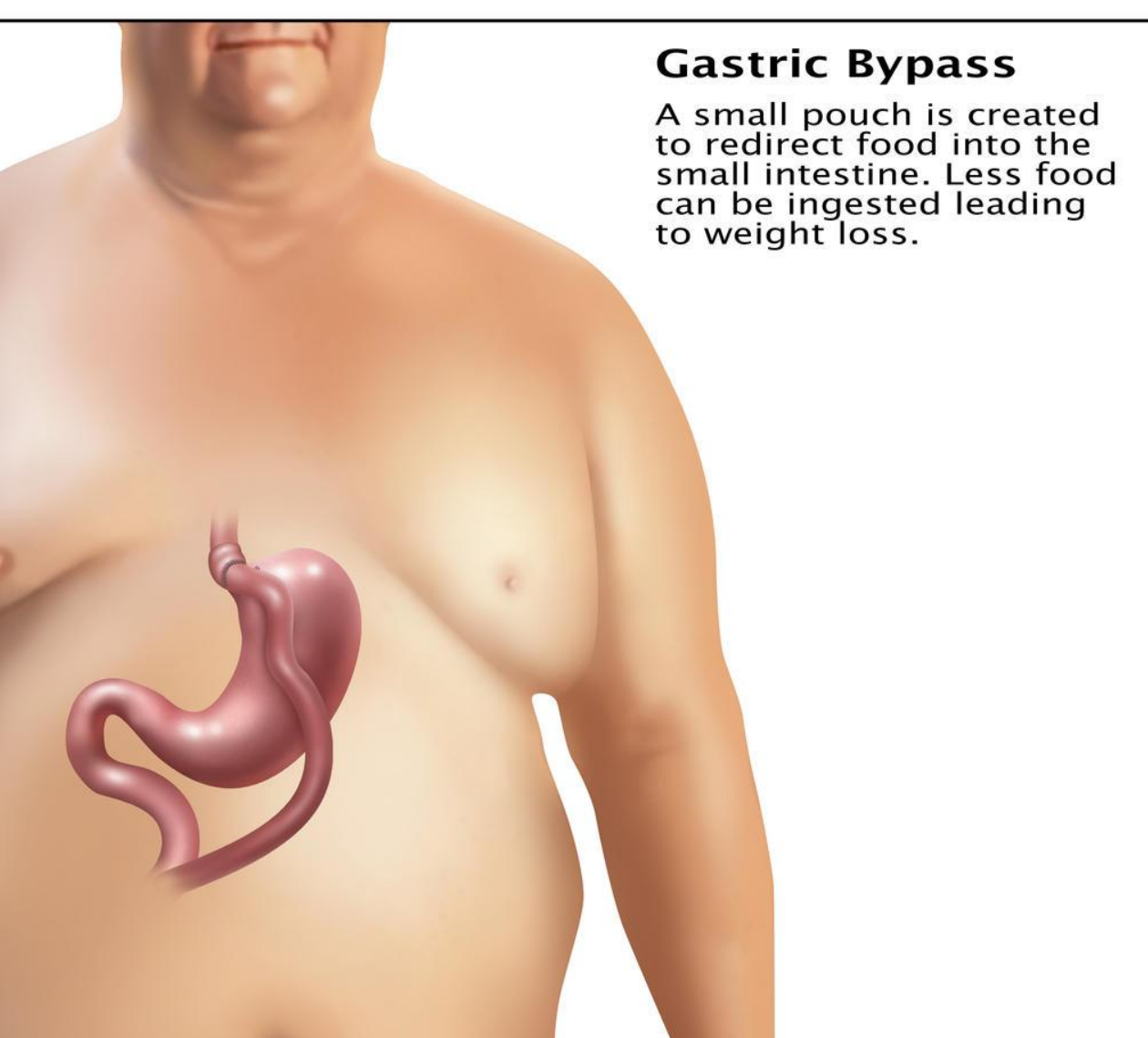
# EFFECT OF EXERCISE TRAINING BEFORE AND AFTER BARIATRIC SURGERY: A SYSTEMATIC REVIEW

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## INTRODUCTION

obesity is a huge problem that is spreading worldwide nowadays. Bariatric surgery helps considerably in the weight loss of patients but physical activity is key in both cases, before and after the surgery.

## METHOD



- ✓ A database search was conducted in PubMed (MEDLINE), Web of Science, and Scopus, reachgate from 2015 to 2021 for studies (randomised controlled trials and non-randomised controlled trials) with exercise training interventions or follow up with a minimum period of 2 weeks. In the beginning, 67 articles were initially screened, but due to the inclusion criteria only 30 were included with a final sample of 1617 patients. As an inclusion criterion, the search was limited to people who were going to have bariatric surgery. Also, there were added articles that analysed comparisons of change in total body fat mass (kg), body fat percentage (%), lean body mass (kg), and cardiovascular fitness..

## OBJECTIVE

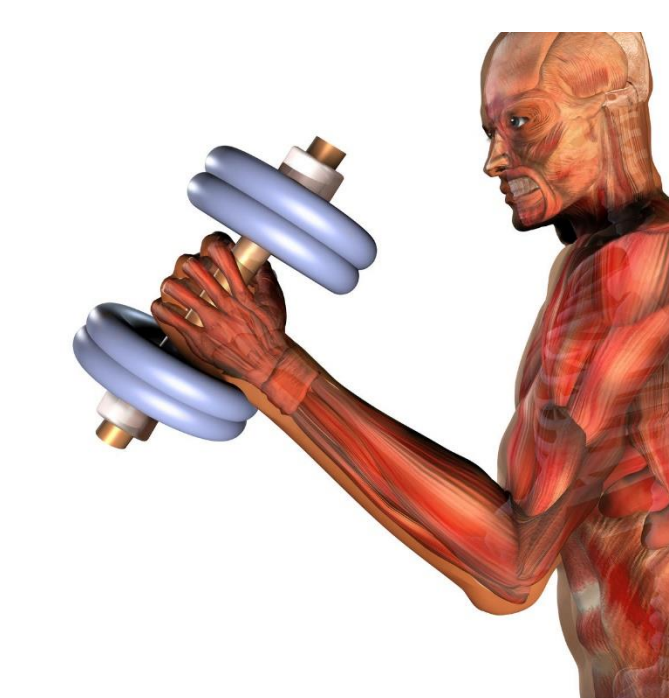
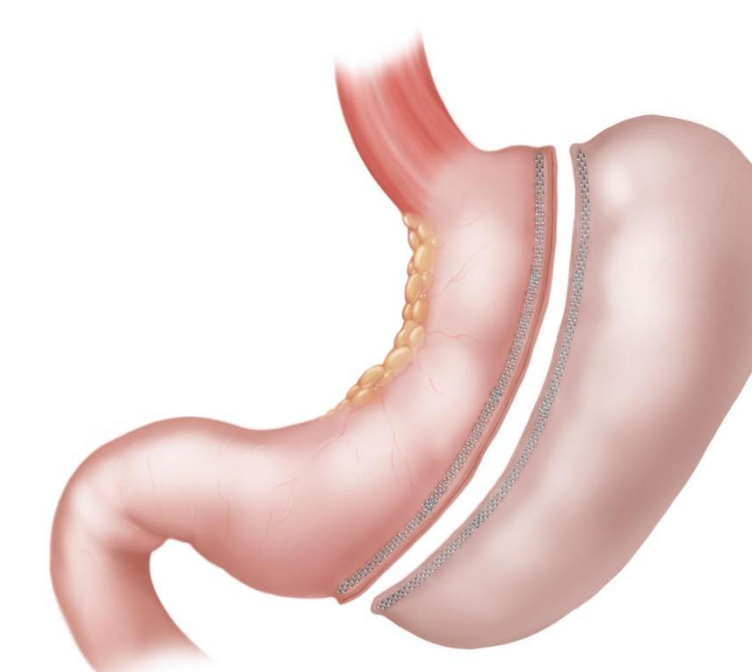
The goal of this research was compare the different methods of training in Bariatric surgery.

## CONCLUSION

As a conclusion of this proposal, an exercise program based on physical activity experience before and after bariatric surgery is crucial to ensure success in the loss weight process of these patients.

## RESULTS

- ✓ Moderate exercise pre and post BS (bariatric Surgery) provides additional improvements in strength, and cardiorespiratory fitness compared with a sedentary lifestyle during similar program. Besides, it facilitates improvements in physical functioning, increasing the patient's capacity to perform activities of daily living after bariatric surgery.



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