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The effect of a structured exercise program on obese African and American participant's physical and psychological health

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Obesity is a global epidemic, affecting millions of people. It leads to a myriad of health problems with the most serious being death. By increasing physical activity, obesity can be reversed and or prevented. The purpose of this study was to determine how a structured exercise program affects overall physical activity and psychological health? Specifically, this investigation examined how body image, self-efficacy and motivation would affect overall physical activity? Using a mixed-method design, subjects were evaluated using pre and post intervention surveys on physical activity, self-efficacy, body esteem and motivation. Results showed that there was a significant difference in self-efficacy, motivation and male body esteem when comparing their post-intervention

scores to their pre-intervention scores. However, there was no significant difference in the three phases of overall physical activity of female body esteem. Although there was no significant difference in overall physical activity, the results show it was trending in a positive direction. The small sample size, study duration and physical activity assessment may have influenced the results. Even though there was no significant difference in overall physical activity or female body esteem, a structured exercise program appears to be promising tool for increasing overall physical activity and psychological health.

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