

Is HIIT More Effective Than MICT For Body Composition, Functional Capacity And Quality Of Life After Bariatric Surgery?

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I have no potential conflict of interest to report



Background

Aerobic Exercise

*Highly recommended after Bariatric Surgery.

However

* No consensus on which training modality is the most appropriate and effective.

(Bellicha et al, 2021; Hansen et al, 2020; Oppert et al, 2021)

HIIT



MICT

Objective

To compare the effects of moderate-intensity continuous training (MICT) and high-intensity interval training (HIIT) on body composition, functional capacity, and quality of life in patients who underwent bariatric surgery.

Methods

Preliminary results

ClinicalTrials.gov
(NCT04235842)

8 participants
Randomized
3 Groups

- CG
- HITT (90% MHR)
- MICT (60% HRR)

Body Composition:
Bioelectrical impedance

Functional Capacity:
6MWT, handgrip, PEF,
chair stand test

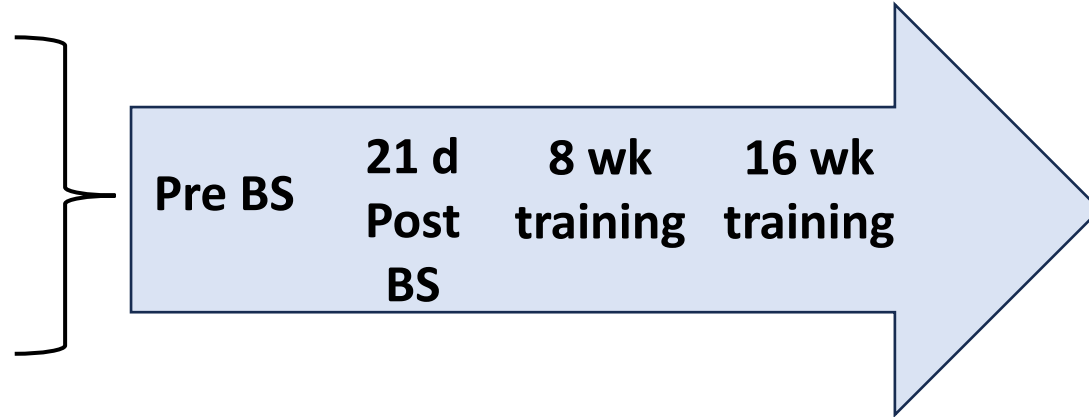
Quality of life:
MAQ-II



INBODY 270
Inbody Co.
Ltd., Korea.

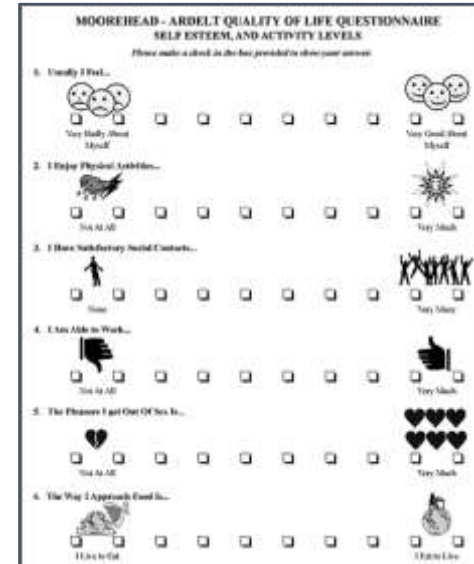


CAMRY EH101
Guangdong,
China.



Clement Clarke, Mason, OH, USA.

Assessments



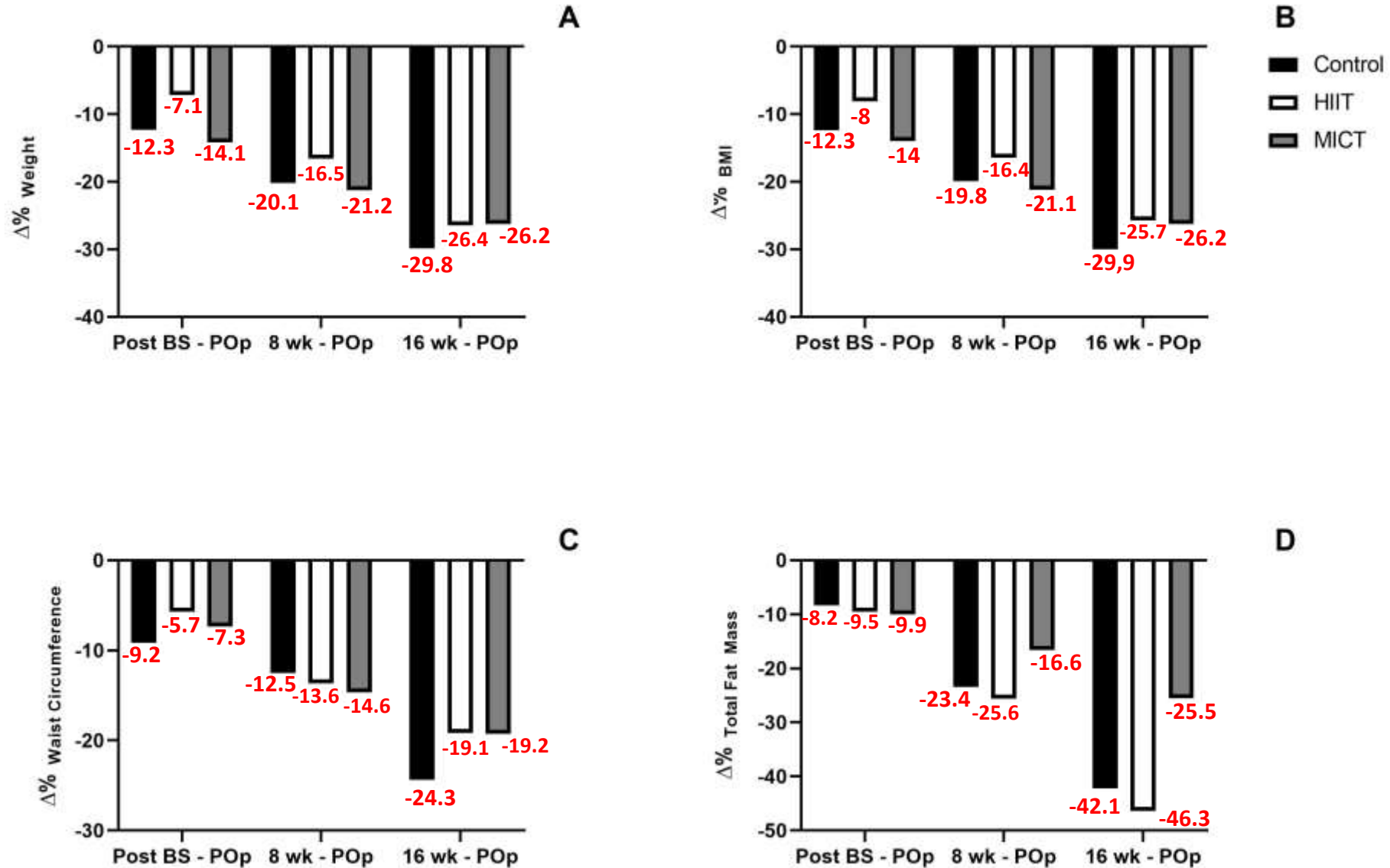
Moorehead-Ardelt quality of life questionnaire II.



Descriptive statistics were applied to describe the preliminary results, comparing the changes in percentage variability between the pre surgery and the rest timepoint of assessment.

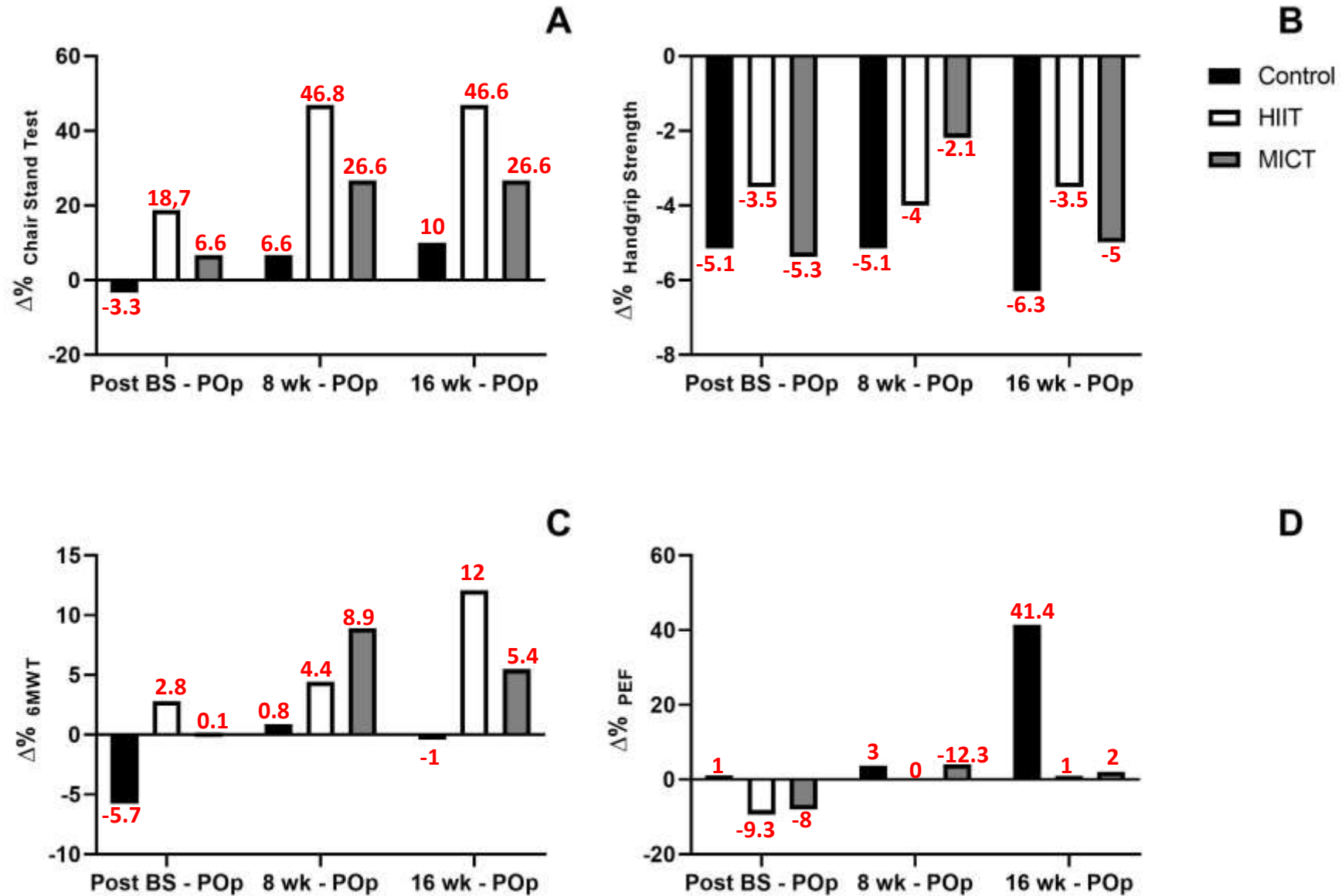
Results

Body Composition



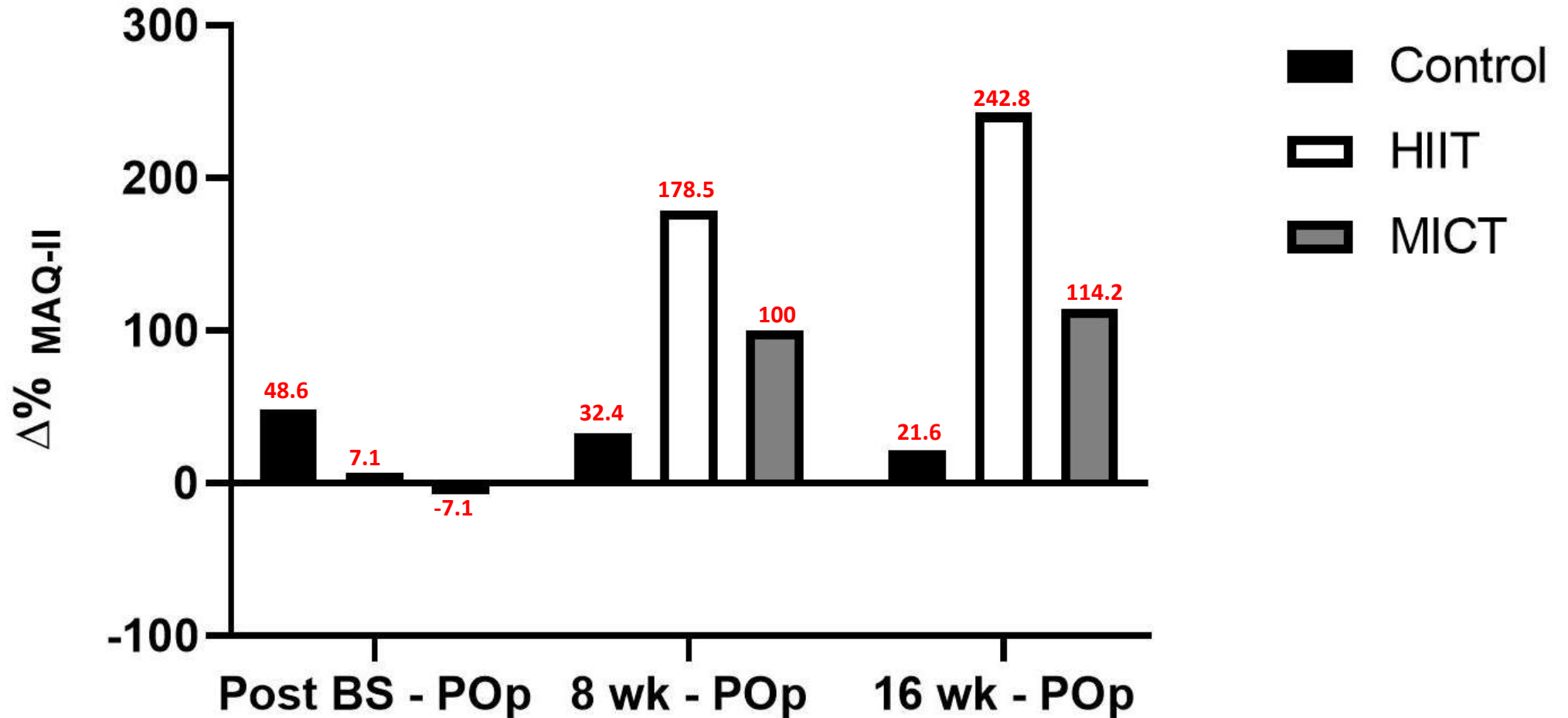
Results

Functional Capacity



Results

Quality of Life



Conclusion

This preliminary results showed that HIIT may be most effective strategy for improving body composition in total fat mass, functional capacity and perceived quality of life after bariatric surgery. In addition, both MICT and HIIT seem to be better than no supervised intervention.

Although these results are interesting, they correspond to 8 participants.

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