



## Changes in Enjoyment, Self-Efficacy, and Motivation during a Randomized Trial to Promote Habitual Physical Activity Adoption in Bariatric Surgery Patients

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### ABSTRACT

Background: The Bari-Active trial showed that a physical activity intervention (PAI), versus standard pre-surgical care control (SC), produced significant increases in daily bout-related moderate-to-vigorous PA (MVPA in  $\geq 10$ -minutes bouts) preoperatively. The current study

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