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Nota di contenuto	Part 1 PREOPERATORY. -- Chapter 1. Relationship of sedentary lifestyles with obesity and co-morbidities -- Chapter 2. Types of physical activity -- Chapter 3. Level of physical activity in the morbidly obese patient -- Chapter 4. Physical activity and body composition -- Chapter 5. Preoperative physical activity and nutrition -- Chapter 6. Benefit of physical activity before surgery: Improvement of comorbidities and reduction of operative risk -- Chapter 7. Preoperative physical activity programs -- Part 2 POSTOPERATIVE. -- Chapter 8. Postoperative physical activity in the bariatric surgery patient -- Chapter 9. Postoperative physical activity and nutrition -- Chapter 10. When to start postoperative physical activity -- Chapter 11. Physical activity and abdominal wall complications (hernias) -- Chapter 12. Effect of physical activity after bariatric surgery on weight loss and improvement of comorbidities in the short and long term -- Chapter 13. Physical activity and alterations of bone metabolism and sarcopenia -- Chapter 14. Types of recommended physical activity -- Chapter 15. Implementation of controlled physical activity programs -- Chapter 16. Physical activity within ERAS . .

## Sommario/riassunto

Hypocaloric diet and physical exercise are the first therapeutic steps in the treatment of obesity. In morbidly obese patients, physical activity is essential to optimise their preparation for bariatric surgery. But physical activity is essential even after surgery, to avoid loss of muscle mass and the deriving complications. The aim of this book is to present the most current evidence of the effect different physical activity programs on morbidly obese patients before and after bariatric surgery. Written by experts in the field, the book will be a useful tool for all health professionals interested in learning more on this disabling condition.

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