



## Response to Comment on: Effects of a 12-Week Transtheoretical Model–Based Exercise Training Program in Chinese Postoperative Bariatric Patients: a Randomized Controlled Trial

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Dear Editors,

First of all, we would like to thank the editor of *Obesity Surgery* for giving us the opportunity to respond to the comments made by Megha Nataraj [1] in their letter to the editor with regard to our published paper titled “Effects of a 12-week Transtheoretical Model–based exercise training program in Chinese postoperative bariatric patients: a randomized controlled trial” [2]. As researchers, we welcome the fact that all our work is subjected to comment and this type of interaction among researchers strengthens this field of knowledge.

We certainly agree with Megha Nataraj’s opinions that any intervention aimed at lifestyle modification programs must be built on the foundation of behavior change. This is also the reason why we conducted a transtheoretical model–based (TTM–based) exercise intervention, and we found that the intervention had significant positive effects on the TTM variables, which could further help increase patients’ exercise adherence and physical function immediately after bariatric surgery.

As stated in this letter that many people often face barriers in changing exercise behavior, we hope through using TTM, clinicians can tailor appropriate interventional strategies to varying individual needs, which can promote exercise adherence and help patients maintain healthy behaviors. What’s more, a multidisciplinary team was formed into the

clinical practice to provide professional follow-up and exercise training programs. We also believe that exercise training is an important part of health behavior management and will have positive effects on postoperative bariatric patients’ health.

Yours sincerely,  
Qin Xu

### Declarations

**Conflict of Interest** The author declares no competing interest.

### References

1. Megha Nataraj. Letter to editor regarding effects of a 12 week transtheoretical model based exercise training program in Chinese post-operative bariatric patients: a randomized controlled trial.
2. Ren Z, Zhu H, Zhang T, et al. Effects of a 12-week transtheoretical model–based exercise training program in Chinese postoperative bariatric patients: a randomized controlled trial. *OBES SURG*. 2021. <https://doi.org/10.1007/s11695-021-05607-3>.

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