



BEING A LARGE BODY IN ACTIVITY

- a journey in suffering and well-being

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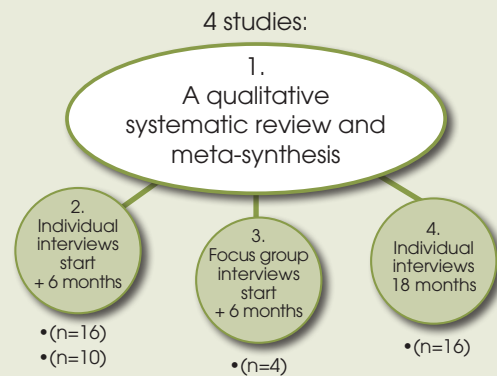
BACKGROUND

- Biological health and **existential experience** of health must be understood as an entity
- Research on **lifestyle interventions** mainly addresses biological functioning and weight
- **Physical activity** is a challenge for severely obese individuals
- **Inactivity** may be linked to different kinds of **suffering**
- Experiences of **well-being** can facilitate change
- You can become **healthier** and happier in physical activity without losing weight
- **The existential experiences of physical activity among severely obese adults are unknown**

AIM

- to bring insight and to understand adults' lived experiences of being a large body in physical activity.

DESIGN AND METHODS



> Phenomenological-hermeneutic approach focusing on meaning
> Concept-driven coding

Participants:
8♀ + 8♂
In lifestyle intervention
Age: 43 (range 25-68)
BMI: 43 (range 40-55)

THEORETICAL FRAMEWORK	Dwelling-mobility lattice*		
	Mobility	Dwelling	Dwelling-mobility
Different kinds of well-being			
Spatiality	Adventurous horizons	At homeness	B
Temporality	Future orientation	Present-centredness	A
Inter-subjectivity	Attraction	Belonging	L
Mood	Exitement	Peacefulness	A
Identity	I can	I am	N
Embodiment	Vitality	Comfort	C
			E

and Well-being

PUBLICATION 1 **/***

PHYSICAL STUDY

The lived experiences of being physically active when morbidly obese: A qualitative systematic review

BY TOFT, UHRENFELDT, & LISBETH UHRENFELDT^{1,2} & LISBETH UHRENFELDT^{1,2}

Publication 2: Men and women's experiences of physical activity during lifestyle intervention. Data collection ended Analysis ongoing

Publication 3: Gender specific experiences of interpersonal relations and physical activity - an inter-subjective dialogue during lifestyle intervention. Data collection ended Analysis ongoing

Publication 4: Long-term experiences of physical activity among men and women with severe obesity after lifestyle intervention. Data collection planned

CONCLUSION

Addressing weight-neutral changes seem important to achieve successful lifestyle interventions. Experiences of suffering and well-being during physical activity affect the identity.

IMPLICATION FOR PRACTICE

Knowledge of life-world perspectives may inform future interventions and make physical activity more enjoyable.



*Galvin K & Todres L (2013) Caring and Well-being: A Lifeworld Approach. Routledge. NY.

**Toft BS, Uhrenfeldt L (2015) The lived experiences of being physically active when morbidly obese: A qualitative systematic review. Int J Qualitative Stud Health Well-being 2015, 10: 28577

***Toft BS, Uhrenfeldt L (2014) Facilitators and barriers to physical activity experienced among morbidly obese adults: a systematic review protocol. JBI Database of Systematic Reviews & Implementation Reports. 2014; 12(6),13-23.

