

Covid-19 and your fitness

15

Responses

00:52

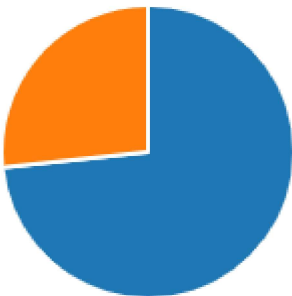
Average time to complete

Active

Status

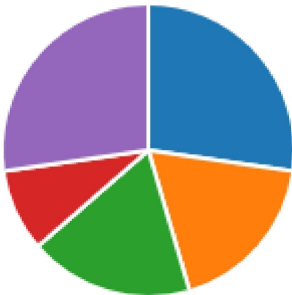
1. Prior to Covid 19 spreading to the UK, did you exercise at least once a week?

Yes	11
No	4

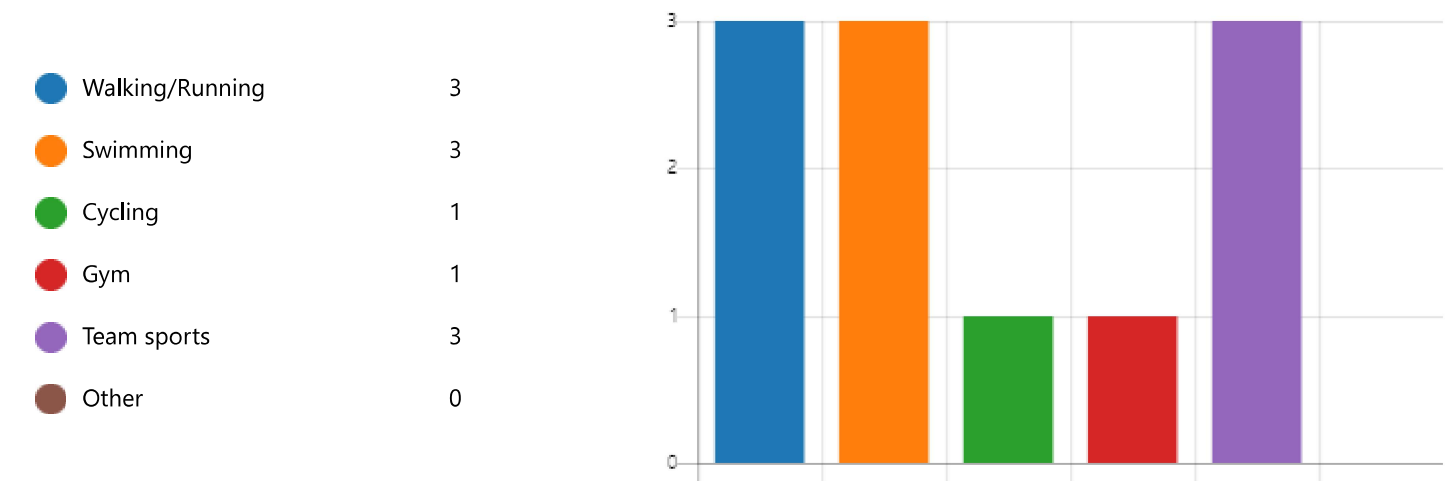


2. Which age group are you in?

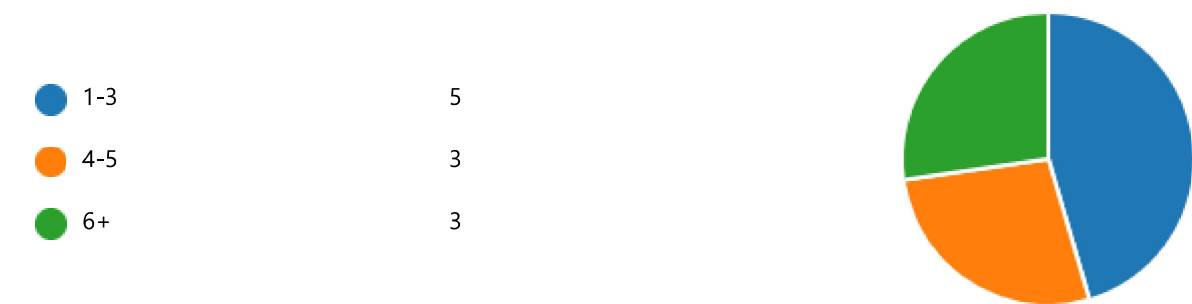
10-25	3
26-40	2
41-55	2
56-70	1
70+	3



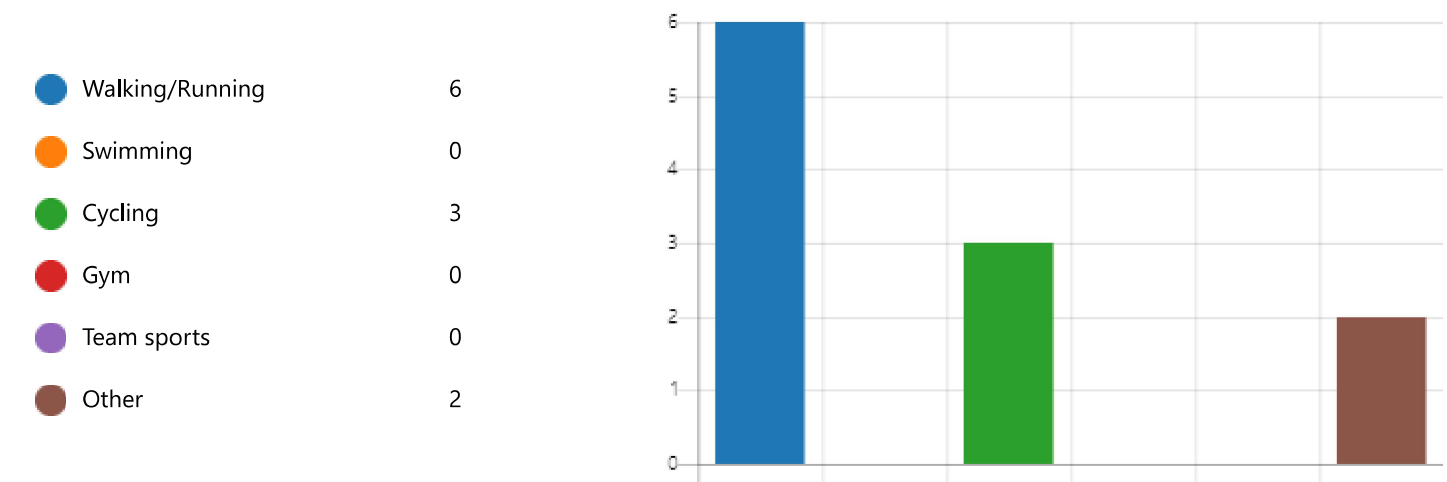
3. Prior to Covid 19 spreading to the UK, what form of exercise did you do most frequently?



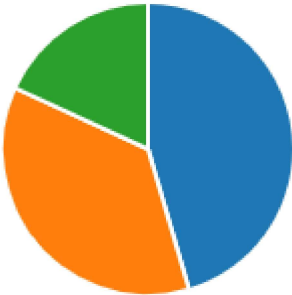
4. How many times a week did you used to do your most frequent exercise?



5. Since Covid 19 spread to the UK, what form of exercise do you do most frequently?



6. How many times a week do you currently do your most frequent exercise?



7. How has Covid 19 changed your attitude to exercise?

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Responses

Latest Responses
"no change, just keep on keeping on"