

THE EFFECT OF LOCKDOWN ON PHYSICAL ACTIVITY

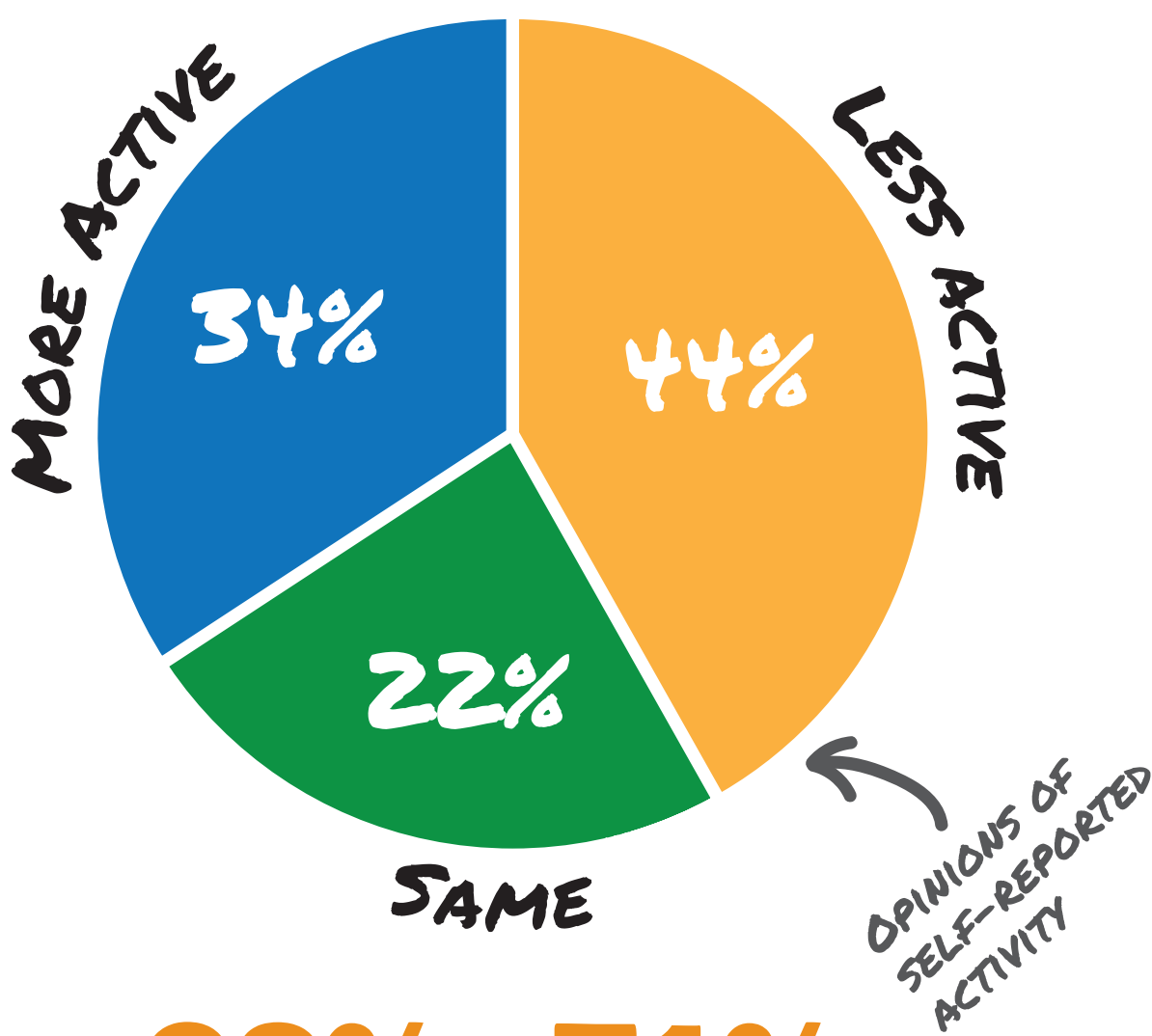
ATTITUDES AND BEHAVIOURS WITHIN LOCKDOWN

FACTORS THAT DISCOURAGED PHYSICAL ACTIVITY

CANCELLATION OF ACTIVITIES/FACILITY CLOSURES
 REDUCTION IN INCIDENTAL PHYSICAL ACTIVITY
 LOWER MOTIVATION, HIGHER ANXIETY, LONELINESS, AND BOREDOM

FACTORS THAT ENCOURAGED PHYSICAL ACTIVITY

AN EXCUSE FOR LEAVING THE HOUSE
 INCREASED FLEXIBILITY IN DAILY SCHEDULE
 LACK OF TRAFFIC



82%

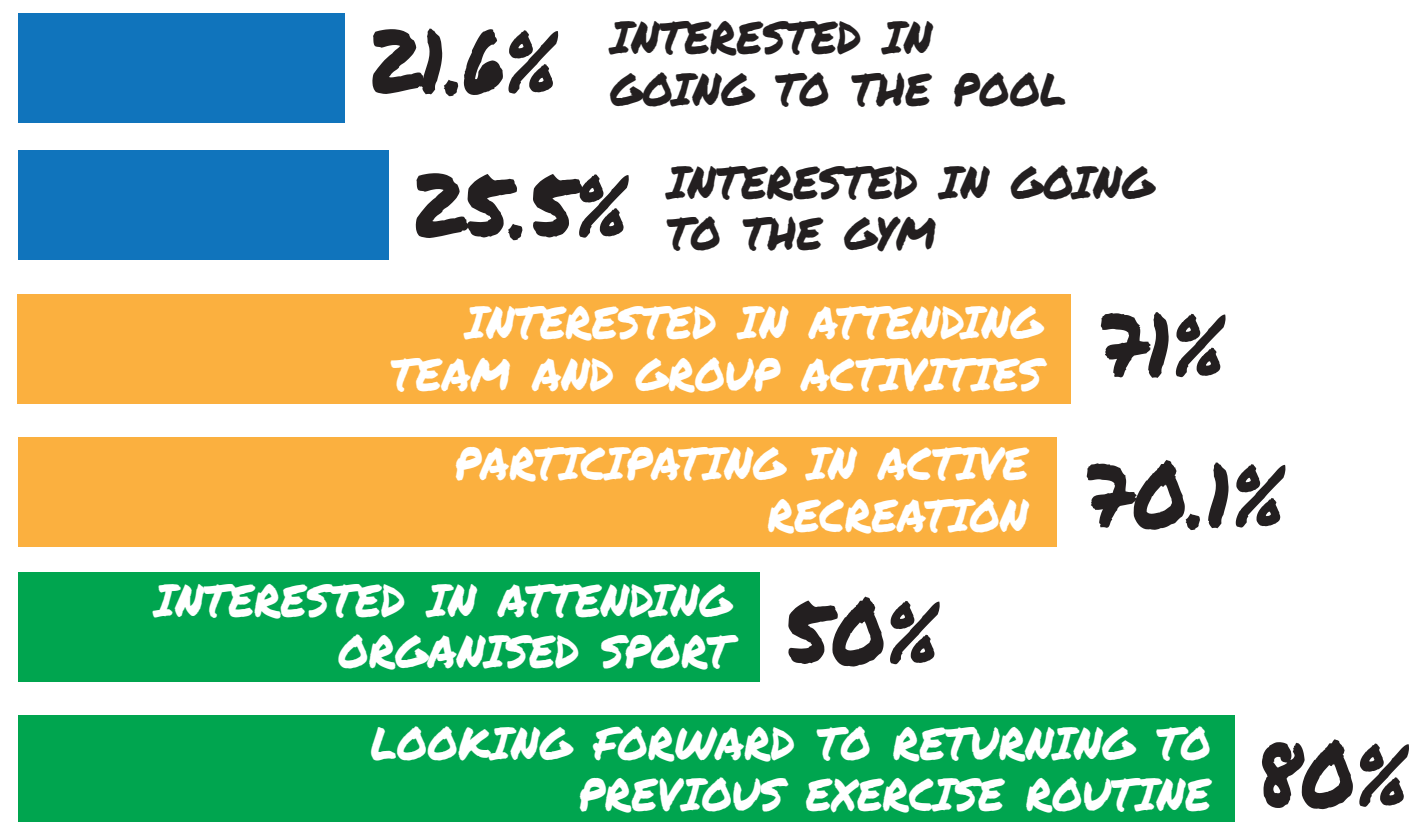
PHYSICAL ACTIVITY WAS AN IMPORTANT PART OF LOCKDOWN ROUTINE

71%

ENJOYED BEING ACTIVE DIFFERENTLY AND WITHIN THEIR BUBBLES

FUTURE ATTITUDES AND BEHAVIOURS WITHIN LOCKDOWN

WHAT PEOPLE LOOKED FORWARD TO ENGAGING WITH ONCE ALLOWED



FACTORS THAT COULD PREVENT PARTICIPATION IN THE FUTURE

PHYSICAL DISTANCING
 PEOPLE WERE LOOKING TO PROVIDERS AND FACILITIES TO FOLLOW RULES AND ENFORCE THEM

ANOTHER OUTBREAK
 - THIS WOULD LIKELY LEAD TO INDIVIDUALS AVOIDING SOME PHYSICAL ACTIVITY PRACTICES

CONCERNS FOR MONEY
 DUE TO LOSS OF INCOME, LOWER DISPOSABLE INCOME, CHANGING PRIORITIES

LACK OF TIME
 RETURN TO WORK AND SCHOOL SEEN AS A BIGGER ISSUE AFTER THE INCREASED FLEXIBILITY OF LOCKDOWN

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