**Change in physical activity due to COVID-19**

Physical activity was measured using a questionnaire constructed for this study. There was a significant decrease in the level of aerobic, anaerobic, low-intensity, high-intensity, and walking exercises for all aspects of performance, including days, performed, time, and satisfaction (*p*<0.001). The time and number of days when low-intensity exercise was performed (*p*<0.01), as well as satisfaction with exercise (*p*<0.00), decreased significantly. These results confirmed a significant decrease in physical activity due to COVID-19.

