

## Interview - George Kouretas

**Hypothesis:** We hypothesize that Covid-19 has lessened students' exercise and workout routine due to outside restrictions such as the closing of gyms. Covid-19 might have also shifted their routine to limitations like only exercising in the house. As a result students may need a Covid exercising app to help themselves stay fit and maintain a routine.

**Topic:** How Covid has impacted your exercise and workout routine.

**Note:** Did not give consent to being recorded

### Questions:

#### General: Who are they?

1. Can you tell me a little more about yourself? Where do you currently live and if you're a student. If you don't mind, in what age range are you...
  - George, lives off-campus near Santa Clara University, Bioengineering student.  
Age range: 18-25
2. How has Covid impacted you in general (in terms of being able to leave your house or being more hesitant to leave the house)? Are you hesitant going to gyms even if they reopen
  - COVID has prevented him from seeing people, he's seen less people than he normally would. Less activities and events to go to, everything is being done at home. Would want to leave the house more if there were more things to do but everything is closed.
  - At this point not hesitant to go to gyms because we are safer and know was to remain socially distant, but would've been more cautious before. Since it's been a year since the start of the pandemic, not as hesitant.
3. What is your current daily routine?
  - On a typical weekday, he wakes up, eats and tries to get out of bed. Breakfast, class, homework, go to more classes, homework, decompress, sleep.

#### More Specific

4. What exercise routines do you have in place?
  - Throws frisbee, basketball, sometimes go on runs with his girlfriend twice a week
5. What routines have you lost/given up on due to Covid? Have you exercised less during the pandemic?
  - Frisbee practice, full court basketball, weightlifting. Has exercised less in the past few months due to the lack of gym equipment.
6. In the last week, how many times have you gone to the gym?

- Zero. There aren't any gyms open that are easily accessible nearby.
- 7. How often did you go to the gym or exercise pre-covid?
  - On average, 3 times a week but it varied based on how busy he was. But even if he wasn't going to the gym, he was still getting some exercise somehow.
- 8. If you have felt this, please tell me about a time when you felt frustrated during this pandemic on exercising.
  - The whole time was extremely frustrating for him but particularly over the summer, when he would have normally a lot of free time to exercise. But since everything was closed and lockdowns were in place, he wasn't able to so he saw that as a lost opportunity.
- 9. Please tell me about some problems you have that are preventing you from achieving your fitness goal.
  - Mostly laziness and lack of motivation since he isn't seeing his friends or people in general as much. Also no accessibility to a weight room, can't be as motivated without others around him.
- 10. What keeps you motivated to exercise? Please tell me about your motivation to exercise during this pandemic.
  - He enjoys exercising to some degree. He likes having a set routine to keep structure in his life, but also exercising is a good excuse to leave the house sometimes to get some fresh air.
- 11. What is your least favorite thing about exercising at home? Most favorite? Do you have workout equipment?
  - Least favorite, the lack of things that you could do compared to a gym. You can only enjoy doing pushups and situps for so long before it gets boring and repetitive.
  - Mose favorite, has found lots of workout routines on the Internet though he hasn't used them as much, it's helpful sometimes to learn new routines and activities. But in comparison to in-person gyms, it can't replace it and still not the best.
- 12. What are your short-term and long-term exercise goals?
  - Short-term goals, start to exercise consistently
  - Long-term goals, to gain more muscle.

### **Ending or Wrap Up:**

- 13. Thank you for your time, did I miss anything in this interview that relates to your exercise routine?
  - Things are definitely looking like they are starting to change for the better, SCU has moved their gym to the parking structure which would allow for him to go to the gym more.
- 14. Is there anything you want to tell me or anything you'd like to ask?
  - Nope