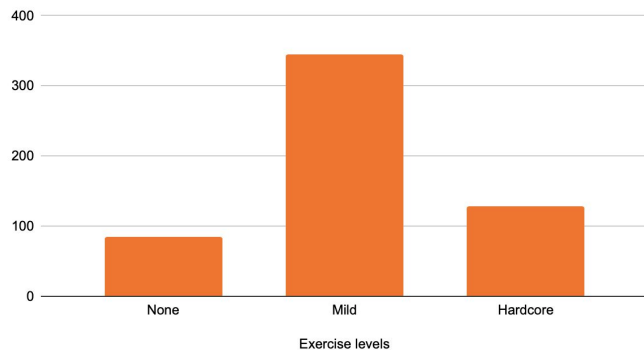
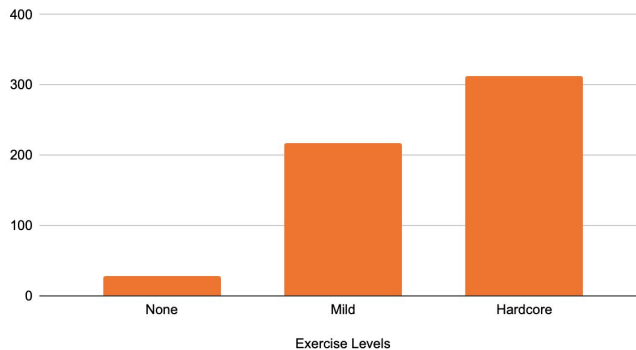


# Exercise Changes Post-Lockdown

Exercise Levels Pre-Lockdown



Exercise Levels Post-Lockdown



- Very Skewed: female, 30s - 40s, married, educated, employed
- Overall increase
- Married people were more likely to increase
  - Stability in relationship/having connection

Rachel Rowe, Frederick Sell  
A big thank you to Tracey Centorbi :)