

Abstract

When the lockdowns hit in mid-March, life went from outdoor crowds to quarantining indoors and face-to-face time transitioned into learning the Zoom interface. At the onset of the lockdowns, people had new rules to contend with, worries about the virus, and, for some, more time on their hands to do quarantine baking, binge watch a new TV show, or start a workout routine. Regardless of how exactly an individual's behavior changed as a result of lockdowns, it certainly did change in novel ways.

Early in the lockdown, the UMD National Center for Smart Growth (NCSG) created a survey to investigate how the pandemic affected people's habits. They asked participants for demographic information and questions like how often they exercised before and after the pandemic or the number of times they left the home.

We analyzed the distribution of demographic variables to get a sense of the participants in the survey. We looked at the distributions of education level, age, household size, gender, and employment status, among other variables. From there, we compared those variables with changes in exercise level. In addition, we explore how location interacted with exercise change. We looked at changes in exercise since physical activity plays such an important role in physical and mental health. The WHO considers quality of life to be an individual's perception of their life in terms of their culture, goals, expectations, and concerns; we attempt to clarify how demographic factors influence exercise change with the goal of understanding how the lockdowns lead different people to different behaviors.

Github Repository: https://github.com/rachelrowe898/dc21_team38