

# RELAYING THE RESEARCH

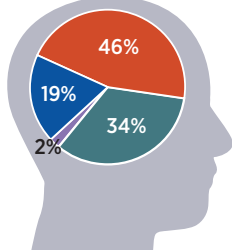


## Impact of pandemic on physical activity in key settings

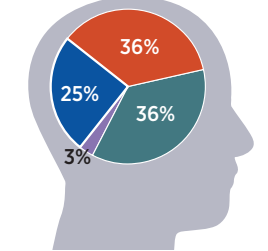
Public Health regulations related to COVID-19 resulted in reduced access to key settings in which individuals are frequently active (e.g., closure of recreation facilities, parks, and playgrounds). The restrictions have the potential to influence population levels of participation, at least in the short-term. *Source: CFLRI, 2020-2021 Impact of COVID-19 on Physical Activity and Sport survey*

### Perceptions of current levels of activity compared to pre-pandemic period

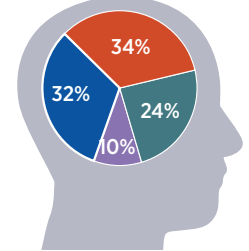
■ Somewhat or much less ■ Same ■ Somewhat or much more ■ Not applicable/ Don't know



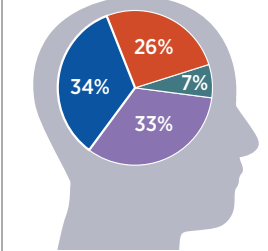
At or around home



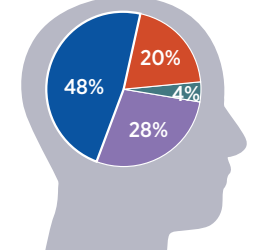
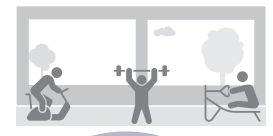
In local neighbourhood



At outdoor venues beyond neighbourhood



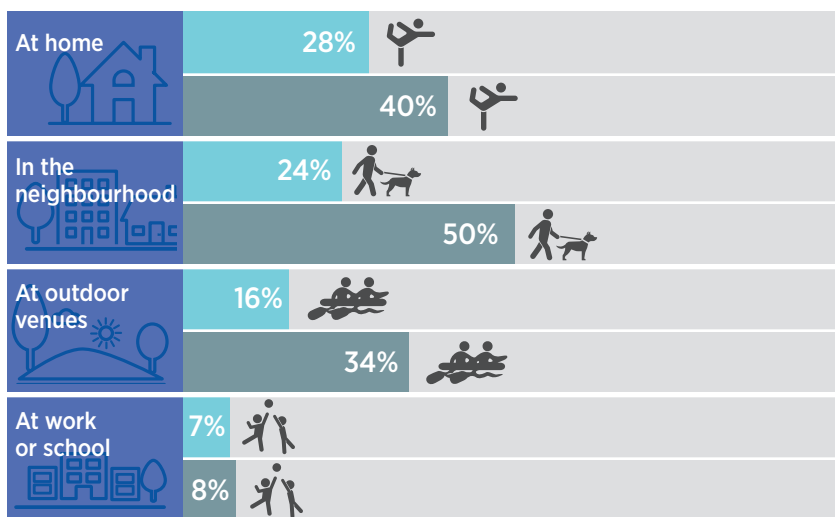
At work or school



At sport and recreation facilities

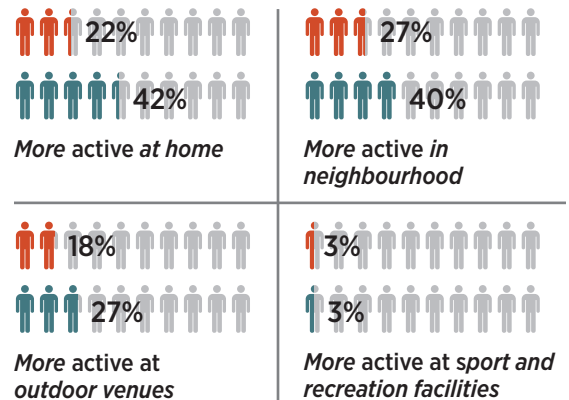
### The relationship between activity in key settings and actual activity level

■ Less active ■ More active



### Differences by populations

■ 65 years and older ■ 25 to 44



The pandemic has prompted the need to rethink the design of urban environments and consider the importance of restructuring to allow for increased accessibility of basic needs and services.



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