

# RELAYING THE RESEARCH

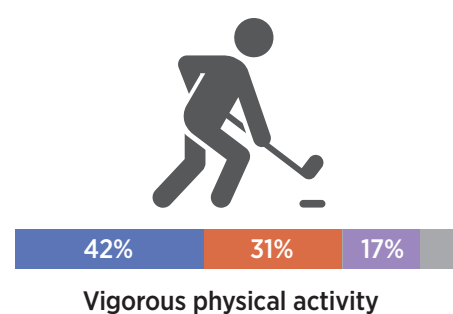
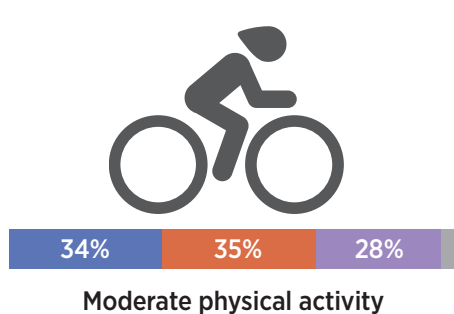
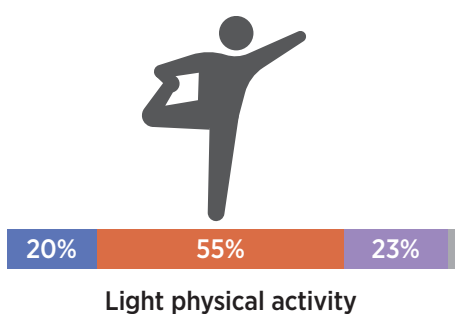


## Changes in behaviour due to the pandemic

Research has shown that the COVID-19 pandemic has had an impact on the physical, mental, psychosocial, and economic well-being of individuals, both here in Canada and around the world. Yet to be determined is whether these observed changes will be long lasting or short lived. *Source: CFLRI, 2020-2021 Impact of COVID-19 on Physical Activity Survey*

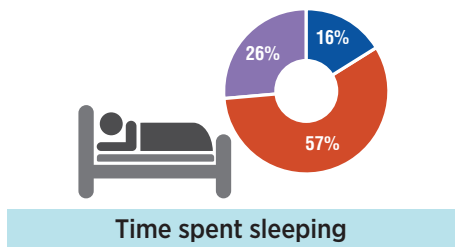
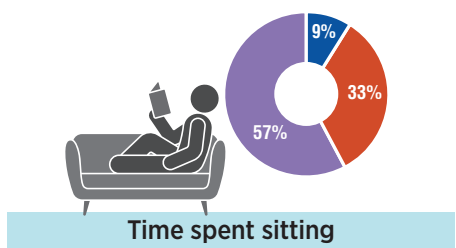
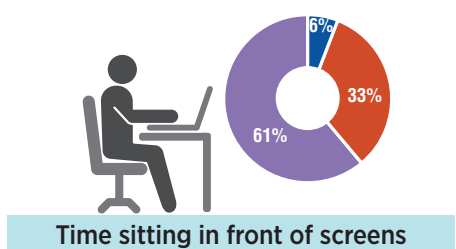
### Perceptions of current activity (at time of the survey) compared to pre-pandemic period (%)

■ Somewhat or much less ■ Same ■ Somewhat or much more

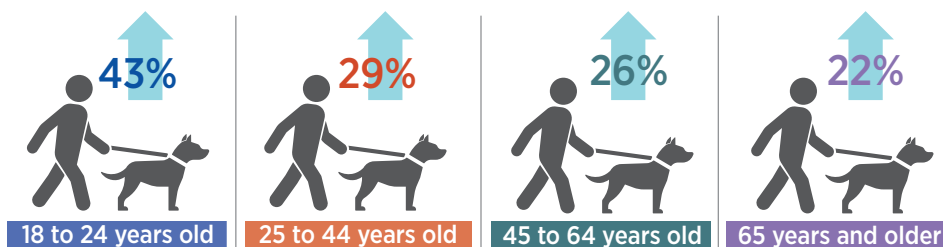


### Perceptions of current levels of sedentary behaviours compared to the pre-pandemic period

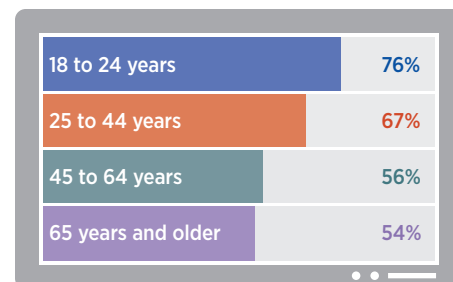
■ Somewhat or much less ■ Same ■ Somewhat or much more



### Percentage of adults indicating an increase in moderate activity now compared to pre-pandemic by age



### Percentage of adults indicating change in screen time usage by age



#### Less than pre-pandemic

#### More since the pandemic started



**Canadian Fitness and Lifestyle Research Institute**

230-2733 Lancaster Rd.  
Ottawa, ON K1B 0A9

(613) 233-5528  
[www.cflri.ca](http://www.cflri.ca)

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