

Do People Exercise More?

THE CHANGING OF SPORT ACTIVITIES DURING COVID-19 PANDEMIC

This research was conducted in Indonesia using an online Google form survey. The population in this study were people aged over 15 years who were exercising with a total of 321 respondents.

1 of 5 people

who did not exercise before, started exercising during the COVID-19 pandemic.

Half of respondents

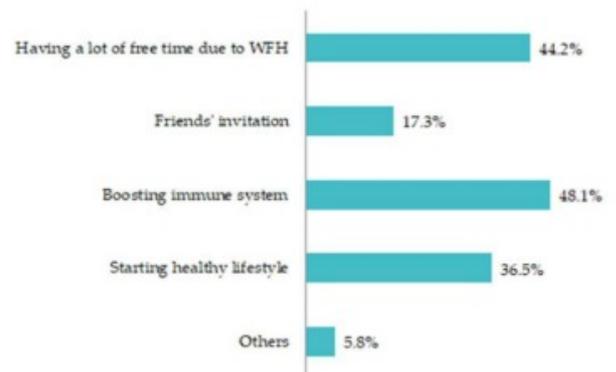
who already exercise before the COVID-19 pandemic change their sports activities better, increasing duration and the sport type.



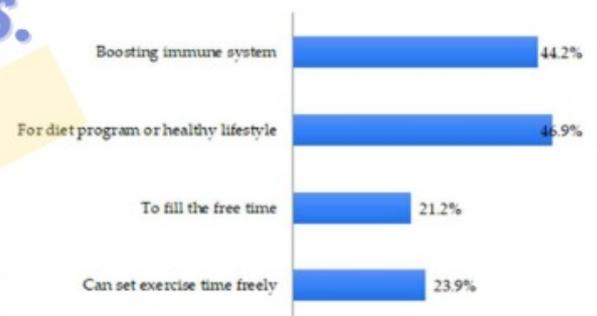
COVID-19 PANDEMIC CAN BE A GOOD MOMENTUM TO PROMOTE SPORTS ACTIVITIES.

HOWEVER, HEALTH PROTOCOLS TO PREVENT CORONAVIRUS SPREAD MUST BE STRENGTHENED

WHY PEOPLE START EXERCISING



WHY PEOPLE EXERCISE BETTER



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