

COVID-19 Impact on Health and Wellbeing Survey

This is section 14 of 17. This section of the survey will ask you about exercise and healthy eating.

When you're ready to move on, click the submit button at the end of this section.

Staying active and healthy eating are important to maintaining your health.

During the LAST 7 days (a week) while COVID-19 restrictions were in place, how many times on average did you do strenuous exercise where your heart beats rapidly (e.g., running, jogging, football, soccer, basketball, roller skating, vigorous swimming, vigorous long distance bicycling, other) for more than 10 minutes during your free time?

- 0 days
 1 day
 2 days
 3 days
 4 days
 5 days
 6 days
 7 days / every day last week

On occasions when you do strenuous exercise, what is the average number of minutes you exercise?

Compared to your normal level of strenuous exercise, is the amount of strenuous activity you did in the last 7 days...

- less?
 same?
 more?

During the LAST 7 days (a week) while COVID-19 restrictions were in place, how many times on average did you do moderate exercise, not exhausting, (e.g. fast walking, baseball, tennis, easy bicycling, volleyball, easy swimming, dancing, other) for more than 10 minutes during your free time?

- 0 days
 1 day
 2 days
 3 days
 4 days
 5 days
 6 days
 7 days / every day last week

On occasions when you do moderate exercise, what is the average number of minutes you exercise?

Compared to your normal level of moderate exercise, is the amount of moderate activity you did in the last 7 days...

- less?
 same?
 more?

During the LAST 7 days (a week) while COVID-19 restrictions were in place, how many times on average did you do mild exercise, requiring minimal effort, (e.g. yoga, fishing from river bank, bowling, golf, easy walking, other) for more than 10 minutes during your free time?

- 0 days
 1 day
 2 days
 3 days
 4 days
 5 days
 6 days
 7 days / every day last week

On occasions when you do mild exercise, what is the average number of minutes you exercise?

Compared to your normal level of mild exercise, is the amount of Mild activity you did in the last 7 days...

- less?
 same?
 more?

How many portions of fruit, of any sort, do you eat on a typical day?

- 0
- 1
- 2
- 3
- 4
- 5 or more

How many portions of vegetables, excluding potatoes, do you eat on a typical day?

- 0
- 1
- 2
- 3
- 4
- 5 or more