

Poll conducted by Research Co. on Exercise in Canada - June 16, 2020

As you may know, the Canadian Physical Activity Guidelines recommend that adults in Canada accumulate at least 2.5 hrs. of moderate- to vigorous-intensity aerobic physical activity per week. Before the start of the COVID-19 pandemic in March, how often did you usually meet these guidelines?



	GENDER		AGE			REGION						
	Canada	Male	Female	18-34	35-54	55+	BC	Alberta	SK / MB	Ontario	Quebec	Atlantic
Every week	36%	38%	34%	38%	38%	33%	36%	37%	36%	38%	33%	35%
Most weeks	24%	25%	22%	30%	24%	19%	28%	23%	20%	24%	25%	15%
Only a few weeks	18%	16%	19%	19%	17%	17%	17%	21%	17%	17%	18%	16%
Never	23%	21%	24%	12%	21%	32%	19%	19%	27%	20%	23%	33%

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And during the COVID-19 pandemic, how often have you been able to meet these guidelines? – “Accumulate at least 2.5 hrs. of moderate- to vigorous-intensity aerobic physical activity per week.”



	GENDER		AGE			REGION						
	Canada	Male	Female	18-34	35-54	55+	BC	Alberta	SK / MB	Ontario	Quebec	Atlantic
Every week	29%	29%	29%	34%	29%	25%	29%	31%	33%	30%	24%	30%
Most weeks	23%	24%	22%	28%	24%	18%	21%	22%	24%	26%	22%	20%
Only a few weeks	21%	22%	20%	20%	22%	22%	21%	24%	18%	20%	25%	17%
Never	27%	25%	29%	18%	25%	35%	28%	23%	25%	25%	29%	33%

Since the start of the COVID-19 pandemic, did you have to do any of the following?



	GENDER			AGE			REGION					
	Canada	Male	Female	18-34	35-54	55+	BC	Alberta	SK / MB	Ontario	Quebec	Atlantic
Had to stop going to a gym or community centre	33%	37%	30%	48%	37%	20%	39%	35%	32%	39%	29%	17%
Had to stop going to a pool for swimming	21%	21%	20%	24%	22%	16%	26%	27%	12%	25%	16%	12%
Had to stop participating in an organized sports league	15%	18%	12%	21%	17%	10%	16%	15%	13%	21%	13%	7%
Had to stop going to a yoga studio	13%	13%	12%	19%	14%	7%	14%	11%	9%	19%	10%	3%
Had to stop participating in pick-up sports that are not part of a league	12%	16%	9%	17%	14%	7%	14%	16%	13%	17%	7%	8%
None of these	51%	47%	55%	33%	48%	67%	46%	49%	53%	44%	56%	69%
<i>Exercise routines affected by the COVID-19 pandemic</i>	49%	53%	45%	67%	52%	33%	54%	51%	47%	56%	44%	31%

During the COVID-19 pandemic, have you done any of the following?



	GENDER			AGE			REGION					
	Canada	Male	Female	18-34	35-54	55+	BC	Alberta	SK / MB	Ontario	Quebec	Atlantic
Followed workouts or routines online	25%	18%	32%	47%	22%	11%	24%	34%	17%	30%	23%	14%
Took up a sport that does not require equipment (such as running or jogging)	17%	18%	16%	32%	15%	8%	16%	17%	14%	21%	18%	6%
Acquired weightlifting equipment for your home (such as dumbbells)	12%	14%	10%	21%	11%	6%	11%	12%	12%	14%	12%	5%
Acquired a cardio machine for your home (such as an elliptical, treadmill or climber)	9%	8%	9%	14%	9%	4%	8%	12%	6%	10%	8%	7%
None of these	58%	62%	55%	30%	60%	78%	61%	54%	64%	52%	56%	77%
Took some action during COVID-19 pandemic	42%	38%	45%	70%	40%	22%	39%	46%	36%	48%	44%	23%