

**Supplementary Table 3. Physical activity categorized by age, sex, and COVID-19**

Category	All population			Male			Female		
	19–49 yr	≥ 50 yr	<i>p</i> value	19–49 yr	≥ 50 yr	<i>p</i> value	19–49 yr	≥ 50 yr	<i>p</i> value
Before Covid-19									
Physical activity			0.029			0.088			0.186
No	1,720 (38.17)	1,566 (40.51)		844 (38.54)	835 (41.11)		876 (37.82)	731 (39.84)	
Yes	2,786 (61.83)	2,300 (59.49)		1,346 (61.46)	1,196 (58.89)		1,440 (62.18)	1,104 (60.16)	
After Covid-19									
Physical activity			0.965			0.956			0.923
No	1,459 (39.01)	1,323 (39.06)		744 (40.70)	744 (40.61)		715 (37.40)	579 (37.23)	
Yes	2,281 (60.99)	2,064 (60.94)		1,084 (59.30)	1,088 (59.39)		1,197 (62.60)	976 (62.77)	

Values are presented as number (%).

The *p* value was derived by the chi-square test.