

# Influence of covid-19 restrictions on physical activity of clinic workers

Philipp Maier, Institut für Bewegungs- und Arbeitsmedizin Uniklinik Freiburg  
Friedrich Barsch, Institut für Bewegungs- und Arbeitsmedizin Uniklinik Freiburg  
Prof. Dr. Peter Deibert, Institut für Bewegungs- und Arbeitsmedizin Uniklinik Freiburg

## Introduction:

The measures to contain the spread of the coronavirus also have far-reaching restrictions with regard to leisure activities. In particular, the closure of gyms as well as the shutdown of club sports could have an impact on activity behavior. Initial results from activity surveys in spring 2020 suggest that sporting activity in the population may have decreased as a result of the Corona pandemic<sup>1</sup>. The Corona pandemic poses major challenges for health workers in particular<sup>2</sup>.



The extent to which recreational activity behavior will be affected by pandemic containment measures is unclear.

## Methods:

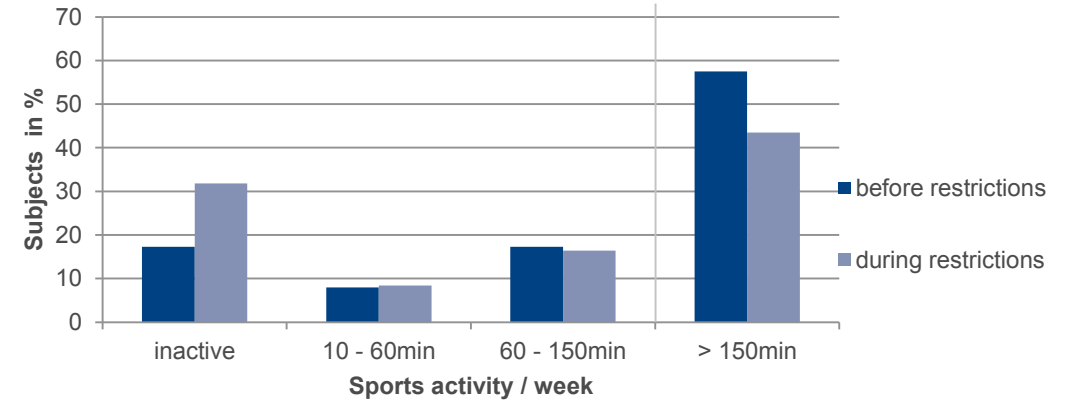
A retrospective cross-sectional survey was conducted to assess the activity behavior of healthcare workers before and during the restrictions against the coronavirus using an online version of the Freiburg Activity Questionnaire<sup>3</sup>. The activity level for basic (e.g. commute), leisure (e.g. walking) and sports activity was recorded in minutes per week. Using the Wilcoxon test for connected samples with a significance level of  $p < .05$ , the activity behavior was examined for differences before and during the pandemic measures

## Results:

$N = 735$  employees of the University Hospital Freiburg (26.9% male, 72.7% female and 0.1% diverse) participated in the survey.

	Before restrictions M (SD); Median in minutes	During restrictions M (SD); Median in minutes
Basic activity	199.5 (178.9); 162.8	189.5 (175.1); 152.5
Leisure activity	160.6 (173.9); 120.0	218.6 (211.3); 180.0* 
Sports activity	238.3 (221.1); 180.0	183.6 (205.4); 120.0* 

\*  $p < .05$



## Conclusion:

The measures to limit the spread of the coronavirus have led to a marked change in activity behavior. While leisure time activity increased, sports activity decreased and the proportion of inactive people doubled. This could be related to the closure of gyms, as corresponding activities have been particularly reduced. Measures within the framework of occupational health management should focus on maintaining sporting activities and, in particular, include "exercise slackers".

## Literature:

- Wilke J, Mohr L, Tenforde AS, Edouard P, Fossati C, González-Gross M, u. a. A Pandemic within the Pandemic? Physical Activity Levels Have Substantially Decreased in Countries Affected by COVID-19. SSRN Journal [Internet]. 2020
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