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### Physical Activity Patterns and Beliefs of Medical Fitness Facility Clients During COVID-19

David A. Donley, Diana L. Gilleland, James M. Thomas, Dan E. Bonner, Lori A. Sherlock, Brian K. Leary, Paul D. Chantler, Miriam E. Leary. West Virginia University, Morgantown, WV

The COVID-19 pandemic introduced many barriers to maintaining a physically active lifestyle, especially among those that exercised in a supervised medical fitness facility. Data characterizing the physical activity (PA) patterns and beliefs of those who continued to exercise with these facilities during COVID-19 is lacking, but could inform practitioners seeking to help others return. **PURPOSE:** To compare the PA patterns and beliefs of medical fitness facility clients who continued exercising with the facility against those who stopped utilizing services during the pandemic. **METHODS:** All active members of the facility were invited to complete a phone interview with questions pertaining to their PA patterns and beliefs. Those who responded were grouped into EX (those who continued exercising with the facility) and NOEX (those who stopped exercising with the facility) during the pandemic. The percentage of respondents for all interview questions was compared between groups using chi squared test. **RESULTS:** Of the 81 clients that participated, 32% (n=26) were EX and 68% (n=54) were NOEX. There was no difference between groups in those who reported exercising at least 0-3 times/week or for 150 minutes/week prior the pandemic (EX 88% vs NOEX 74%,  $p>0.05$ ). However, more in the EX group used cardio (EX 69% vs NOEX 30%,  $p<0.001$ ) and resistance training machines or equipment (EX 69% vs NOEX 19%,  $p<0.01$ ). Most in both groups felt their PA levels decreased (EX 85% vs NOEX 80%,  $p>0.05$ ) and that gym facility closures affected their ability to exercise regularly (EX 85% vs NOEX 69%,  $p>0.05$ ). For both groups, regular exercise is as important to them now as it was before the pandemic (EX 92% vs NOEX 83%,  $p>0.05$ ) and lack of motivation was the second highest barrier to exercise (EX 50% vs NOEX 57%,  $p>0.05$ ). **CONCLUSION:** The PA patterns and beliefs of clients who continued to exercise with a medical fitness facility during the pandemic did not differ compared with clients who did not, but they were more likely to use cardio and resistance training machines before the pandemic which may have encouraged an earlier return to supervised exercise. Data presented may provide practitioners valuable information in facilitating a return to supervised exercise for facility members.