



# Changes in Scottish older adults physical activity: “...although I walked before the crisis I have made a habit of walking every morning”.

Pina, I., Hunter, A., Tomaz, SA., Ryde, G., Coffee, P., Connelly, J., Kirkland, A., McCabe, L., Watchman, K., Andreis, F., Neely, K.C., Swales, B., Martin, J.G., Whittaker, AC



## INTRODUCTION

In older adults, physical activity (PA) can improve overall quality of life. However, opportunities to engage in PA may have been impacted by Covid-19

## AIM

To investigate changes due to mid-lockdown restrictions on PA levels and changes in a sample of Scottish older adults.

## METHODS

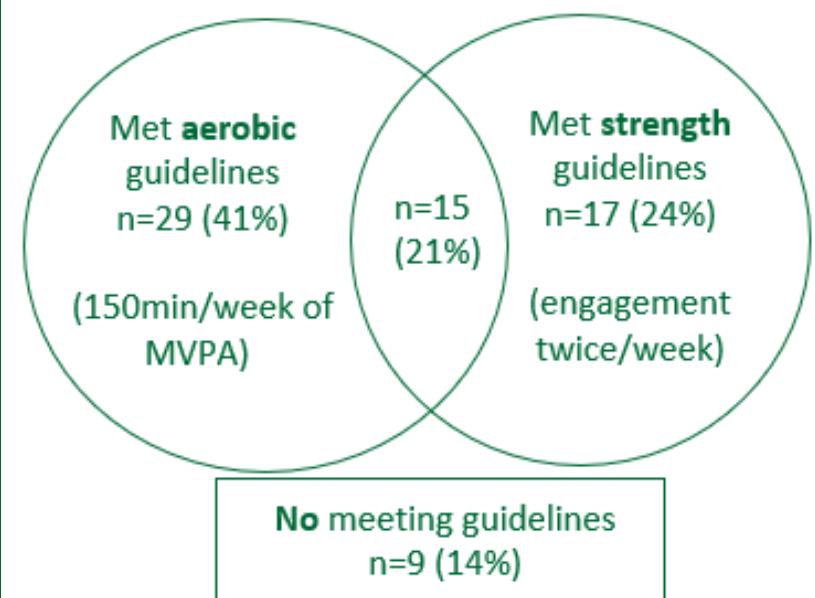
### Pre-lockdown

Cross-sectional study (n=150)  
November 2019 - March 2020  
24-hour movement behaviour data  
accelerometers and PA logs

### Mid-lockdown

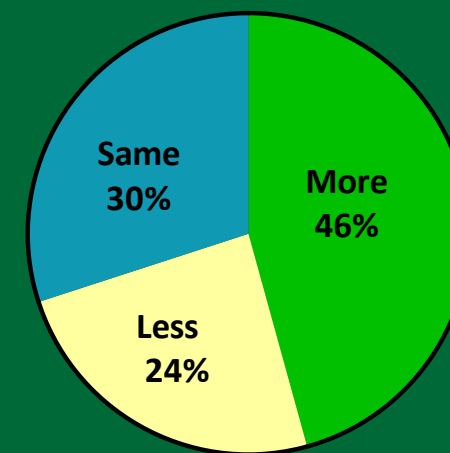
Online survey (n=70)  
May - July 2020  
PA changes due to lockdown

## PRE-LOCKDOWN RESULTS

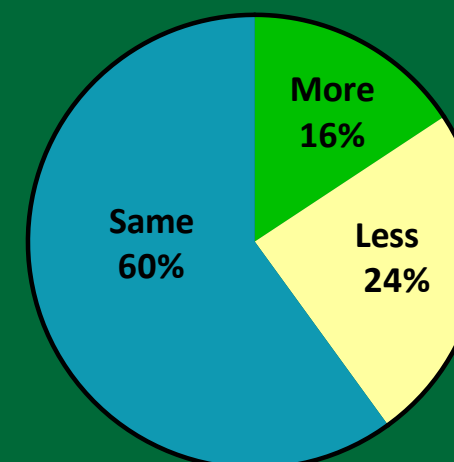


**Weekly MVPA:** 219.5±140.7min/week  
**Total PA:** 1943.3±414.6min/week

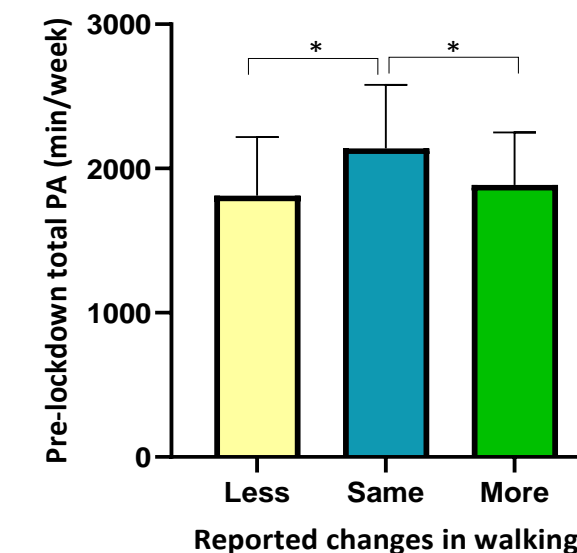
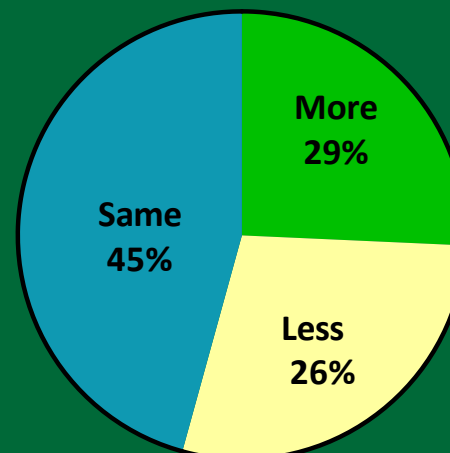
## WALKING



## STRENGTH TRAINING



## MODERATE PA



## CONCLUSION

Walking became an important component for older adults during mid-lockdown.

There appears to be a relationship between pre-lockdown PA and PA changes due to lockdown. However, **irrespective** of pre-lockdown PA, older adults should continue to be encouraged to be active.

Stirling Physical Activity  
Research Knowledge &  
Learning Exchange

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