

Has lockdown changed how you exercise?



Changes in how we can exercise come into effect today. How have your exercise habits changed during lockdown?

Dr Eddie Bradley, Senior Lecturer in Biomechanics and his research team are interested in the potential impact that Covid-19 has had on exercise behaviour of the general public. The team would be very grateful if you could help by completing an online questionnaire. Please select the appropriate questionnaire from the link below.

Please also share this link with friends and family so the team can gain as many participant responses as possible.

UK questionnaire https://sunduni.eu.qualtrics.com/jfe/form/SV_9SHeLQSkIPuTuxD or <http://tinyurl.com/y9rvarvm>

International questionnaire https://sunduni.eu.qualtrics.com/jfe/form/SV_bIVGlb1fj96IQNn or <http://tinyurl.com/y9mvsnby>

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