

SUPPLEMENTARY MATERIAL

Supplementary Table 1. Characteristic and Descriptive Statistics

Demographic Variables	n (%)				
Age (years)					
18-24	558 (17%)				
25-34	517 (16%)				
35-44	456 (14%)				
45-54	405 (12%)				
55-64	510 (15%)				
65-74	548 (17%)				
75+	297 (9%)				
Gender					
Male	1216 (38%)				
Female	2045 (62%)				
Race					
White	3086 (94%)				
Other	205 (6%)				
Area of Living					
Urban	732 (22%)				
Suburban	1834 (54%)				
Rural	725 (22%)				
Relationship					
Married/In a Relationship	2150 (65%)				
Widowed	102 (3%)				
Separated/Divorced	196 (6%)				
Never Married	796 (23%)				
Other	63 (2%)				
Employment Status					
No Change in Work	834 (25%)				
Working from Home	1352 (41%)				
Was Not Working Before	798 (24%)				
Lost employment due to pandemic	307 (9%)				
Public Health Restriction					
Quarantined/Self-Isolating	591 (17%)				
Shelter in Place/Stay at Home Order	1570 (47%)				
Social Distancing	1130 (34%)				
Physical Activity					
Maintained High	2528 (77%)				
Maintained Low	238 (7%)				
Increased MVPA	145 (4%)				
Decreased MVPA	380 (12%)				
Chronic Health Condition					
Previously	170 (5%)				
Currently	1034 (31%)				
Never	2087 (63%)				
	Min	Median	Mean	3rd Quartile	Max
Independent Variables (IV)					
Outside Time ^a					
Pre-COVID	0.0	120.0	124.5	180.0	960.0
Post-COVID	0.0	60.0	103.3	120.0	960.0
Dependent Variables (DV)					
Stress ^b	0.0	6.0	6.1	8.0	16.0
Positive Mental Health ^c	7.0	24.0	24.2	27.0	35.0

^aAverage minutes per day before (Pre-Outside Time) and after (Post-Outside Time) implementation of COVID-19 public health restrictions.

^bSum of scores on the Perceived Stress Scale-4 subscales range from 1 (Never) to 5 (Very Often).

^cSum of scores on the Short Warwick-Edinburgh Mental Wellbeing Scale subscales range from 1 (None of the Time) to 5 (All of the Time).