

Supplementary Table 1. Change in physical activity level from pre-SD to SD era according to age group

Physical activity level (MET)	Pre-SD era				SD era			
	60–69 yr (n=61)	70–79 yr (n=137)	80–89 yr (n=46)	<i>P</i> value	60–69 yr (n=61)	70–79 yr (n=138)	80–89 yr (n=46)	<i>P</i> value
High activity ($\geq 3,000$)	28 (45.9)	25 (18.1)	9 (20.0)	0.002	18 (29.5)	17 (12.3)	7 (15.2)	0.091
Moderate activity (600–2,999)	28 (45.9)	93 (67.4)	29 (62.2)		31 (50.8)	83 (60.1)	27 (58.7)	
Low activity (<600)	5 (8.2)	19 (13.8)	8 (17.4)		12 (19.7)	38 (27.5)	12 (26.1)	

Values are presented as number (%).

SD, social distancing; MET, metabolic equivalent task (expressed as MET/min/week⁻¹).