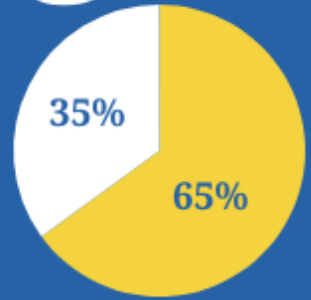




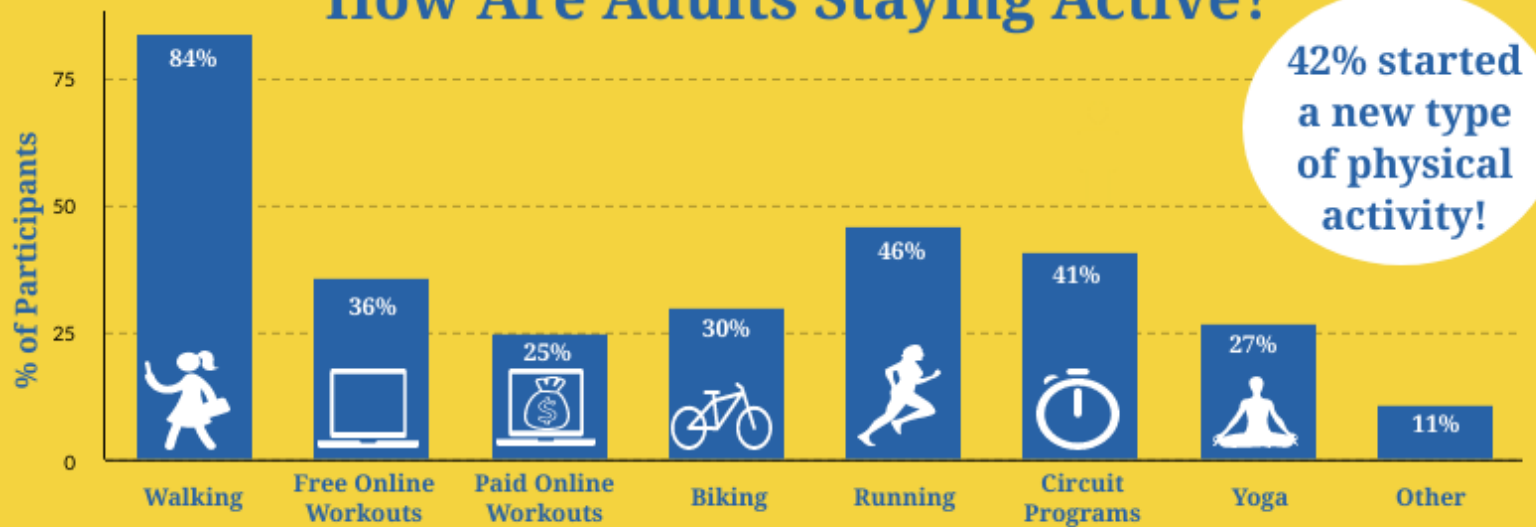
Keep it Moving



During the month of April, nearly 65% of adults who regularly wear fitness trackers ($N = 95$) either maintained or increased their physical activity levels!



How Are Adults Staying Active?



42% started a new type of physical activity!



Use What You Have!



66% Used equipment they already had in their house

15% Created makeshift equipment out of household items

15% Purchased new equipment

39% Engaged in physical activity that didn't require equipment



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