In May & June of 2020, we distributed a survey to lifters in the US. 383 people completed this survey.

How were gym lifters affected by the pandemic?

- 74% of respondents were female.
- Just 30% of gym lifters exercised more than 5 times per week.
- 42% of gym lifters exercised more than twice per week.
- 52% of gym lifters exercised 2-5 times per week.
- 42% of gym lifters exercised more than twice per week.
- 83% of ages ranged from 19-79 yrs.
- For us, it's COVID-19 Lifting during the COVID-19 Shutdown.
- In Summary...

**TAKE HOME MESSAGE**

- Those who had routines faired better than those who didn't.
- Gym lifters did worse on all of our metrics from mental health & fitness.
- Everyone else faired worse than everyone else for every measure.

This research was conducted by:

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- Department of Anthropology
- University of Notre Dame
- Brooklyn College, CUNY

Dr. Ocobock is a powerlifter and Hejtmanek is an Olympic lifter. We conducted this study because of our own pandemic experiences. This research was conducted with approval from the Institutional Review Boards of the University of Notre Dame and Brooklyn College, CUNY.

**Institutional Review Boards of the University of Notre Dame and Brooklyn College, CUNY**