

## Physical activity and food: how could the pandemic impact the population?

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The pandemic caused by the spread and contagion by COVID19, or SARS-CoV2, has led to several restrictive actions in most countries around the world.

Although these measures are necessary from the point of view of restriction of contagion, they ended up having a negative impact on the level of daily physical activity and physical exercise. This was due to the formal and informal environments for such practices were inaccessible<sup>1</sup>. By citing formal environments we mean gyms and other similar environments. Informal environments are public parks and/or outdoor spaces like non-structured physical activities.

These restriction measures directly affect the health of the general population. The current scenario can compromise the immune system, a cardiorespiratory disease, which are outcomes directly related to COVID19<sup>2,3</sup> and even in the medium term in metabolic issues related to overweight and obesity in any age group<sup>4,5</sup>.

Globally, physical inactivity and poor mental health are among the most important risk factors for the morbidity of several diseases<sup>6</sup>. Such factors tend to more impact on individuals with advanced age and/or with chronic non-transmissible diseases.

For young people, there is also a certain impact when we relate physical activities related to school as well as the whole daily routine that has been changed, increasing sedentary behavior and screen time<sup>5,7</sup> that can be perpetuated in the post-pandemic scenario.

In addition to physical inactivity, there are also nutritional issues that do not only lead to access to quality food in times of severe restrictions<sup>8-11</sup>. It is observed that the amount of food eaten has increased significantly compared to the scenario before the pandemic<sup>4</sup>, generating a dangerous combination for the development of morbidities and comorbidities during and even after the pandemic.

Thus, it is necessary to pay attention to changes in eating behavior and physical activity. In addition, how these changes can trigger secondary outcomes in the general population (eg, anxiety, depression, ...).

From the point of view of literature, there is a tendency for patterns of poor diet and physical inactivity to be acquired due to the pandemic. An interventionist look is necessary to avoid or reverse this situation.

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