A
Physical activity
Sitting time
Screen time
% change (95%CI)
80
60
40
20
0
-20
-40
-60
Total population
Self-isolation
Stay at home
Social distancing

B
Physical activity
Sitting time
Screen time
%change (95%CI)
50
40
30
20
10
0
-10
-20
-30
Total population
Self-isolation
Stay at home
Social distancing