



Table S1. Physical activity pre and during lockdown.

Author and Year	PA type and units of measurement	PA Pre-Lockdown Mean (SD)	PA During Lockdown Mean (SD)	Change in PA	P value (if applicable)	Lockdown restrictions
Barone et al. (2020) [27]	<i>Change in PA - % participants</i>	N.A.	2.29%	N.A.	N.A.	“Decentralized (defined by states and municipalities) and delayed, the measures to contain the SARS-CoV-2 spread in Brazil, and reflected on mobility reduction, was experienced by 95.1% of this study’s respondents in different degrees (with 26.9% never going outside their homes)”
	High increase		4.64%			
	Low increase		33.57%			
	No change		14.70%			
	Low reduction		44.8%			
Khader et al. (2020) [34]	<i>Change in PA - % participants</i>	N.A.	69%	N.A.	N.A.	“A series of lockdowns starting from March 24, 2020 were imposed on people in the country to break the chain of virus transmission [4]. Further, United Nations and WHO have praised India’s response to the pandemic as ‘comprehensive’ and ‘robust’. However, since the start of “unlocking” and easing of restrictions from June 1st, India is witnessing an exponential rise in COVID-19 cases indicating the possibility of ‘community transmission’.
	Increased		25%			
	No change		6%			
	Decreased					
Yan et al. (2020) [46]	<i>Change in PA - % total participants</i>	N.A.	17.8%	N.A.	N.A.	“China implemented a lockdown of Wuhan in late January 2020 to contain the spread of COVID-19. China is slowly beginning to reopen since lifting the lockdown in mid-May.”
	Increased a lot		25.0%			
	Increased a little		24.6%			
	No change		17.3%			
	Decreased a little		15.2%			
	Decreased a lot					
	<i>Change in PA - % participants without diabetes</i>		16.0%			
	Increased a lot		25.2%			
	Increased a little		25.0%			
	No change		17.9%			
	Decreased a little		16.0%			
Decreased a lot						
<i>Change in PA - % participants with diabetes</i>	44.6%					
Increased a lot	23.1%					
	19.5%					
	8.2%					

Increased a little	4.6%	
No change		
Decreased a little		<0.001
Decreased a lot	1.2 (1.5)	
	1.1 (1.4)	
<i>PA - hours per day</i>	2.0 (2.0)	
Total participants		
Participants without diabetes		<0.001
Participants with diabetes	59.2%	
	58.1%	
	73.8%	
<i>PA 150 minutes per week - % participants</i>		
Total participants		
Participants without diabetes	42.9%	
	9.3%	
Participants with diabetes	20.5%	
	14.4%	
	12.9%	
<i>Frequency of exercise - % participants without diabetes</i>		
Never/Rarely	46.5%	
<1 time per week	8.5%	
1-2 time per week	26.5%	
3-5 time per	10.3%	
Daily	8.2%	
<i>Frequency of exercise - % participants with diabetes</i>		
Never/Rarely	40.0%	
<1 time per week	23.9%	
1-2 time per week	11.8%	
3-5 time per	31.5%	
Daily	40.6%	
<i>Type of exercise - % participants without diabetes</i>		
Walking / slow walking	43.4%	
	47.7%	
	38.8%	
	23.4%	

	Quick walking / square dance		25.6%			
	Tai Chi/ Qigong / Ba Duan Jin					
	Other indoor exercises					
	No exercise					
	<i>Type of exercise - % participants with diabetes</i>					
	Walking / slow walking					
	Quick walking / square dance					
	Tai Chi/ Qigong / Ba Duan Jin					
	Other indoor exercises					
	No exercise					
	<i>Minutes of exercise</i>	66 (42)	38 (31)	-28		
	<i>Number of steps</i>	12606 (5026)	4760 (3145)	-7846		
Assaloni et al. (2020) [47]	<i>Type of exercise - % participants</i>				<0.001	"In accordance to Istituto Superiore della Sanità (ISS), the Italian Government implemented extraordinary measures to limit viral transmission throughout people and the territory, imposed national quarantine, reduced social interaction and travelling and "stay at home" as a basic means of limiting people's exposure to the virus.
	Individual sport	35.7%	-			
	Team sport	4.5%	-		<0.001	
	Fitness	10.4%	-			
	Resistance training	3.9%	-			
	In autonomy	36.4%	82.5%	+46.1%		
	None	9.1%	17.5%	+8.4%		
	<i>Change in type - % participants</i>					
	Total		80.42%			
	Male		81.32%			
	Female		78.85%			
khare et al. (2020) [48]	<i>Change in timing - % participants</i>	N.A.			N.A.	"Temporary lock down of country along with all precautions advised like social distancing and social isolation."
	Total		72.72%			
	Male		73.63%			
	Female		71.15%			

	<i>Sitting – hours per week</i>	5.4	7.2	+1.8	0.0043	
		5.4	6.9	+1.5	<0.0001	
	Male	5.0	7.2	+2.2	0.0002	
	Female					
	44–63 years old					
	64–77 years old					
	BMI: 25.0–<30 kg/m ²					
	BMI: 30–<35 kg/m ²					
	BMI: 35–<40 kg/m ²					
	Capillary HbA1c: <6,5%					
	Capillary HbA1c: ≥6,5%					
Sankar et al. (2020) [38]	<i>Change in PA - % participants</i>	N.A.				“In Pathanamthitta district of South Kerala, the lockdown was enforced on March 16, 2020, one week earlier than the nationwide 21-day lockdown 1.0 which was announced on March 24, 2020. This was followed by lockdown 2.0 and 3.0 which ended on May 17, 2020.”
	Increased		2.7%	N.A.	N.A.	
	Same as before		82.7%			
	Decreased		14.5%			
Brown et al. (2020) [28]	<i>Change in exercise - % participants</i>	N.A.				N.A.
	Conducted via alternative method(s)		41%	N.A.	N.A.	
	Postponed		7,9%			
	Cancelled		21%			
	Not applicable		30%			
Schirinzi et al. (2020) [40]	<i>Playing sports - % participants</i>	80%	81%	+1%	N.A.	N.A.
Shalash et al. (2020) [41]	<i>PA decline - % participants</i>	N.A.	68.4%	N.A.		N.A.
	<i>PA decline</i>				0.002	
	<i>PA frequency – times per week</i>	5.0	5.0	0,0	0.011	
		1.0	0.7	-0.3	0.003	
	<i>PA duration – hours per session</i>	26.4	12.8	-13,6	<0.001	“In Korea, the first COVID-19 was reported on January 21, 2020 and the number of daily new cases increased to 909 on February 29, 2020. The Korean government placed enhanced social distancing (staying at home and refraining from going out as much as possible) from March 22, 2020 to May 19th, 2020, and then changed to routine social distancing.”
Song et al. (2020) [42]	<i>PASE leisure part score</i>	7%	22%	+15%	<0.001	
		58%	60%	+2%	1.000	
	<i>Patterns of exercise - % participants</i>	7%	12%	+5%	0.315	
	None	23%	5%	-18%	<0.001	
		5%	1%	-4%	0.625	

	Outdoor-solo					
	Indoor-solo					
	Exercise at sports facilities					
	Group exercise					
Van der Heide et al. (2020) [45]	<i>Change in PA - % participants</i>					"The first COVID-19 case in the Netherlands was confirmed on February 27, 2020. March 15–20.: Closure of hospitality, schools, nursing homes. No visitors in hospitals. March 23.: Request to stay at home. Only essential traveling. June 1.: Reopening of hospitality and all schools."
	More active	N.A.	20.4%	N.A.	N.A.	
	Equally active		33.0%			
Chagué et al. (2020) [52]	<i>Decrease in PA - % participants</i>					"Limitations in access to care"
	Total	N.A.	41.9%	N.A.	N.A.	
	Men		33.3%			
Vetrovsky et al. (2020) [54]	Women		55.1%			
	<i>Average daily step count - 3 weeks before lockdown vs. 3 weeks within lockdown</i>	N.A.	N.A.	-1134 (189) = -16.2%	<0.001	"In the Czech Republic, the first case of COVID-19 was reported on 1 March 2020, and since 16 March, the Czech government approved a nationwide quarantine that prohibited movement in public spaces except under special circumstances, which included travelling to and from work and necessary journeys to procure food and supplies; notably, going outside for a walk in a park or the countryside was allowed."
Malanchini et al. (2020) [49]	<i>Device-derived daily patient activity level - hour per day</i>					N.A.
	Reference period	2.18 (1.3)				
	Pre lockdown period	2.14 (1.3)	1.62 (1.2)	-26.1% (25.0%)	<0.0001	
Sassone et al. (2020) [50]	<i>Lockdown period</i>					
	<i>Time spent in movement based on accelerometry - hours per day</i>	1.6 (0.5)	1.2 (0.3)	-25%	0.0001	
Sassone et al. (2020) [50]	<i>Time spent in movement based on accelerometry without very inactive patients - hours per day</i>	2.0 (0.6)	1.5 (0.4)	-25%	0.0001	N.A.
Cransac-Miet et al. (2020) [29]	<i>Change in PA - % total participants</i>		8.2%			N.A.
	>25% increase	N.A.	46.7%	N.A.	N.A.	
	No change		45.1%			
	>25% decrease					

	<i>Change in PA - %</i>		25.4%			
	<i>non-LTX participants</i>		45.1%			
	More frequently		45.1%			
	No change					
	Less frequently					
Endstrasser et al. (2020) [51]	<i>SF-12 Physical Component Summary score</i>					N.A.
	Pre lockdown					
	During lockdown	37.89 (8.92)	37.36 (9.08)	-0.53	0.204	
	Post lockdown		35.48 (9.62)	-2.41 & -1.88	0.026 & 0.071	
	<i>MET total PA - minutes per week</i>					
	Patients with neuromuscular disease					
	Healthy controls					
	<i>MET vigorous intensity PA - minutes per week</i>	901.3 (1299.6)	400.6 (1088.5)	-500.7 (705.7)	<0.0001	
	Patients with neuromuscular disease	4506.5 (7600.1)	2362.3 (4498.9)	-2144.3 (8630.7)	<0.0001	
	Healthy controls					
	<i>MET moderate intensity PA - minutes per week</i>	70.1 (361.9)	37.1 (303.9)	-33 (219.2)	0.69	
	Patients with neuromuscular disease	2081.8 (4945.3)	861.9 (1662.9)	-1219.9 (4920.8)	0.04	
	Healthy controls					
Di Stefano et al. (2020) [30]	<i>MET walking intensity PA - minutes per week</i>	263.2 (606.9)	146.9 (450.6)	-116.2 (323.2)	0.07	N.A.
	Patients with neuromuscular disease	1153.3 (2424.6)	925.4 (3675.6)	-227.87 (4076.9)	0.01	
	Healthy controls					
	<i>MET walking intensity PA - minutes per week</i>	547.7 (733.2)	211.9 (534)	-149.3 (426.8)	<0.0001	
	Patients with neuromuscular disease	1271.5 (2703.6)	574.9 (1731.3)	-1447.8 (7611.3)	<0.0001	
	Healthy controls					
	<i>Moderate-to-vigorous PA - minutes per week</i>	333.3 (483.8)	184 (440.3)	-149.3 (426.8)	0.04	
	Patients with neuromuscular disease	3235.7 (3684.7)	1787.3 (2669.3)	-1447.8 (7611.3)	0.001	
	Healthy controls					

	<i>Change in PA - % participants</i>					
Van de Venis et al. (2020) [44]	Strong increase	N.A.	0%	N.A.	N.A.	"Partial lockdown in the Netherlands"
	Mild increase		7%			
	No change		19%			
	Mild decrease		41%			
	Strong increase		33%			
Al-Hashel et al. (2020) [26]	<i>Lack of regular exercise - % participants</i>	N.A.	79.7%	N.A.	N.A.	N.A.

Note: physical activity, PA.