



Effect of COVID-19 on Women's Exercise and Health

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Message from the Guest Editors

The global pandemic resulting from the coronavirus outbreak (COVID-19) has fundamentally changed our lives.

Emerging evidence suggests that women have been disproportionately affected by COVID-19 economically, socially and environmentally. Women's lives and livelihoods continue to be significantly impacted with job losses, carrying the burden of unpaid care, increased isolation during pregnancy and post-partum, vulnerability to domestic and family violence and a heavy reliance on women in female-dominated vocations as frontline healthcare workers.

Regular participation in exercise, sport and physical activity infers substantial physiological, psychological and social benefits. Yet, globally, women are less active than men and face many complex barriers to exercise, including social, cultural, physical and psychological barriers. With COVID-19, previously existing and new barriers have further thwarted opportunities for women and girls to exercise.

It is necessary to separate the impacts of COVID-19 between men, women and where possible, across the gender spectrum, to inform what these impacts are and how we can best address these gender inequities.





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Message from the Editor-in-Chief

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