

Table S1. Contents of questionnaire

I. Have you been diagnosed with COVID-19 at a medical facility? 1. I have been diagnosed with COVID-19 at a medical facility and am currently under treatment. 2. I was diagnosed with COVID-19 at a medical facility and have already recovered. 3. I have not been diagnosed with COVID-19 or have not seen a doctor.
II. Which disease(s) do you currently have? Select all that apply from the following choices. 1. High blood pressure 2. Lipid abnormalities 3. Diabetes 4. Heart disease 5. Kidney disease 6. Cancer 7. Lung or respiratory disease 8. Disease due to which you were prohibited by a doctor from exercising, or disease or injury due to which you have major difficulties in walking (e.g., rheumatoid arthritis and bone fracture)
III. Which of the following are you conscious about to avoid contracting COVID-19? 1. I do not go to poorly ventilated places. 2. I do not go to places where many people gather. 3. I do not talk or project my voice near someone. 4. I wear a mask. 5. I wash my hands. 6. I disinfect my hands. 7. I change my clothes frequently. 8. I gargle. 9. I disinfect my belongings. 10. I keep distance from others when I go out. 11. I refrain from visiting hospitals and clinics as much as possible. 12. I try to go out as seldomly as possible.
IV. Please tell me the average days you exercise in a week in number.
V. Please tell me the average number of hours that you exercise in a day. 1. Less than 30 minutes. 2. 30 min or more but less than 1 hour 3. 1 h or more but less than 2 hours 4. 2 hours or more
VI. Which of the following is your main exercise? 1. Walking 2. Running 3. Weight training 4. Calisthenics or stretching 5. Other
VII. How has the amount of exercise changed compared with the same time last year? 1. Decreased greatly 2. Decreased slightly 3. No change 4. Increased slightly 5. Increased greatly
VIII. How often have you gone out in the past one month? 1. Almost daily 2. 4-5 days per week 3. 2-3 days per week 4. About 1 day per week 5. About 1 day per month 6. Not gone out at all
IX. Have you worked from home in the past one month? 1. Largely worked from home 2. Worked from home half or more of the time 3. Worked from home less than half of the time 4. Almost never

Table S2. Results of sensitivity analysis.

		Multiple regression				IPW			
		OR	95% CI		p	ATE	95% CI		p
Age		0.95	0.93	0.97	<0.01				
Gender	Male	1.01	0.94	1.09	0.83				
BMI		1.41	0.80	2.50	0.23				
Pre-existing condition	High blood pressure	1.56	0.69	3.53	0.28	206.4	-14.5	427.3	0.07
	Lipid abnormalities	1.16	0.42	3.19	0.78	54.4	-74.7	183.5	0.41
	Diabetes	2.27	0.78	6.59	0.13	85.8	-69.0	240.7	0.28
	Heart disease	3.13	0.82	11.90	0.10	859.6	-175.7	1894.9	0.10
	Other condition*	1.61	0.20	12.98	0.65	119.4	-189.3	428.1	0.45
Lifestyle	Avoid poorly ventilated places	4.31	1.65	11.28	<0.01	24.2	-19.5	67.9	0.28
	Avoid places where many people gather	0.31	0.13	0.74	0.01	-13.3	-49.2	22.7	0.47
	Avoid talking or projecting voice near someone	2.20	0.90	5.35	0.08	6.4	-33.6	46.4	0.75
	Wear a mask	1.03	0.38	2.82	0.95	-20.3	-57.0	16.5	0.28
	Wash hands	0.36	0.12	1.05	0.06	-29.5	-63.7	4.7	0.09
	Disinfect hands	0.41	0.18	0.95	0.04	-30.5	-62.8	1.9	0.07
	Change clothes frequently	2.16	0.93	5.03	0.07	248.0	100.1	395.8	<0.01
	Gargle	1.87	0.87	4.00	0.11	10.6	-30.4	51.6	0.61
	Disinfect belongings	2.05	0.91	4.62	0.08	140.8	44.2	237.4	<0.01
	Keep distance from others when going out	0.30	0.14	0.66	<0.01	-17.6	-52.8	17.6	0.33
	Refrain from visiting hospitals and clinics as much as possible	1.10	0.54	2.21	0.80	57.1	-7.1	121.2	0.08
	Try to go out as seldom as possible	1.29	0.65	2.56	0.47	0.0	-40.2	40.2	1.00
Frequency of working from home	Largely all of the time	1 (Reference)				0 (Reference)			
	Half or more of the time	2.28	0.91	5.71	0.08	106.5	-34.0	247.1	0.14
	Less than half or more of the time	1.53	0.57	4.09	0.40	15.3	-89.6	120.1	0.78
	Almost never	0.68	0.32	1.44	0.31	-49.1	-117.6	19.3	0.16

IPW: inverse probability weighting analysis, OR: odds ratio; N.A. : not applicable, ATE: average treatment effect, CI: confidence interval

* Disease due to which you were prohibited by a doctor from exercising, or disease or injury due to which you have major difficulties in walking (e.g., rheumatoid arthritis and bone fracture)