

## A STUDY ON WEIGHT CONTROL AND ACTIVITIES OF HEALTH MEMBERS THROUGH THE COVID-19 STAGES

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### ABSTRACT

Coronavirus disease 2019 (COVID-19) is a contagious caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). Due to COVID-19, the activities and weight control of health members were investigated. Out of 51 participants who completed the general health examination. Crude rate was  $68.4\% \pm 2.2$  and standardized rate was  $69.5\% \pm 2.3$ . For men, diet control (amount of meal: 21.9%, eating out: 7.4%, reducing carbohydrates: 12.5%, and less meat: 13.1%) was higher than increasing exercise as a weight control method. Women preferred exercise the most as a weight control method. Weight was increased during Stage IV of COVID-19. Their skeletal muscle mass (SMM) of most groups decreased slightly through COVID-19 periods regardless of the Stage of COVID-19. PBF increased during the corona period. In Stage IV, the exercise time was shorter than in Stage II, except for running and hiking. Although different from the general public's opinion, they also control their weight by exercising and controlling their meals, but showed that weight gain is accompanied when their activities are limited due to social distancing.

**Keywords:** COVID-19, health member, skeletal muscle mass, weight.