

BEFORE AND AFTER COVID-19

HOW HAS THE LOCKDOWN AFFECTED PEOPLE'S HABITS?

HYPOTHESIS

Habits such as healthy eating, physical activity, hygiene and the avoidance of toxic substances have improved, while social activity, mental health and socioeconomic level have gotten worse.

OBJECTIVES

- Learn about the different healthy habits people follow.
- Know about the population experience during the lockdown.
- Discover if people have improved or deteriorated their habits.
- Compare people's routines before and after March's lockdown.

METHODOLOGY

- Investigate about the healthy habits.
- Internet research.
- Survey to a random sample of population to know about their experiences during the lockdown.
- Four different interviews to specialists of nutrition and sports.

CONCLUSION

People's alimentation habits, physical activity, hygiene and the avoidance of toxic substances have improved due to the Covid-19 March's lockdown. In contrast, the social activity, the mental health and the socioeconomic level of people have gotten worse because of the lockdown.