**Supplementary Table 2**: Codes, sub-codes, descriptions, and sample quotes on the impact of the pandemic on physical activity patterns.

| Code and Sub-codes               | Description                                                                 | Sample quote                                                                                                                                 |
|----------------------------------|-----------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|
| **Motivation for physical activity** | Explanations of motivational drivers for engaging in physical activity.         |                                                                                                                                               |
| Intrinsic Motivation             | Expressing feelings of pleasure, enjoyment and satisfaction when talking about physical activity patterns. | “I have to say that I have moved more, quite simply. And that I simply enjoy it, yes. Or the gymnastics in the evening and so on. I look forward to that.” [EL11: 233-233] |
| Integrated Regulation            | Emphasizing being a physically active person, claiming to be an “Exerciser”.   | “And a little bit (…), you can't. Either you do it right or not at all.” [EL6: 115-115]                                                     |
| Identified Regulation            | Engaging in physical activity because it is important to attain a desired outcome (health or others). | “… still try to do exercise so that the heart muscle is further strengthened.” [HB1: 2-2]                                                 |
| Introjected Regulation           | Engaging in physical activity to avoid feeling guilty or shamed or to receive acknowledgement. | “Because I don't put myself under any more stress by training”. [EL2:117-117]                                                                 |
| External regulation              | Engaging in physical activity due to an advice of a physician, therapist, family member, friend, etc. | “First of all, they recommended it to me.” [JC2: 54]                                                                                         |
| Amotivation                      | Expressions indicating that physical activity is not very important to the participant. | “… so I hardly, if you compare it with normal movement patterns, hardly went out and hiked or any other movements.” [HB3: 48-48]                |
| Physical activity patterns | Descriptions of physical activity patterns and preferences of study participants before Covid-times. |
|----------------------------|---------------------------------------------------------------------------------------------------|
| Moderate outdoor exercise  | Moderate forms of outdoor exercise: powerwalking, hiking, biking, golf, archery, skiing          |
|                            | “We go hiking a lot ... in summer, we go biking. [EL6: 109-109]”                           |
| Moderate to vigorous indoor exercise | Moderate to vigorous forms of exercise using indoor sporting facilities: group fitness, exercising in a fitness club, swimming, team sport, aerobics |
|                            | … before Corona, when I think, I went swimming regularly, I went to the fitness center regularly.” [JC3: 58-58] |
| Moderate to vigorous exercising at home | Moderate to vigorous forms of exercising at home: gymnastics at home, TV-led exercise programs, Cardio-training at home. |
|                            | “I did all that myself, I put together all the exercises myself. And I also trained before. I did that before …” [HB2: 50-50] |
| Leisure behavior           | Walking and other leisure behavior that includes walking (going shopping, housekeeping, gardening) |
|                            | “… most important thing is the garden. Because …, I do the whole garden and there is so much movement.” [EL1: 47-47] |

| Impact of the pandemic on physical activity patterns | Descriptions of weather and how the restrictions imposed during lockdowns affected physical activity patterns. |
|-----------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|
| Continuation of moderate physical activity with no restrictions | Perceiving no restrictions in physical activity during lockdowns because of being used to do activities that were not affected by the measures: moderate outdoor exercise, exercising at home. |
|                                                      | “Yes, I don't go to fitness studios anyway. I … move, outdoors, in nature.” [PJ4: 37-37] |
| Cessation/reduction of moderate to vigorous physical exercise | Perceiving restrictions in moderate to vigorous physical exercise because sporting facilities were closed. | “… they did not open in between … they have renovated the swimming pool and … [I] do not know whether they open it or not …. unfortunately.” [JC3: 60-60] |
| --- | --- | --- |
| Continuation of leisure behavior with no/minor restrictions | Perceiving minor/no restrictions in walking and other leisure behavior that includes walking because these activities were hardly/not affected by the lockdown measures (going shopping, housekeeping, gardening). | “Walk with the dog, was possible before and after. So, there were no differences at all.” [KS1: 48-48] |
| Cessation/reduction/modification of leisure behavior | Perceiving restrictions in walking and other leisure behavior that includes walking due to lockdown measures (going shopping, going out, housekeeping, gardening). | “… and I've always been outside every day, whether after work somewhere or now on the weekend, but in the first lockdown, well that was just stricter, I say …. you just ordered food or whatever, yes. But otherwise not really.” [KS2: 84-84] |

| Strategies to maintain physical activity | Strategies taken by participants to maintain physical activity during and after lockdowns |
| --- | --- |
| Integration of walking into daily routine | Indications of participants that daily walking tours has become a routine for them. | And I walked five or six kilometers every day, in one or one and a half hours. And that's actually how it all started.” [EL11: 3-3] |
| Integration of moderate exercising at home into daily routine | Indications of participants that daily walking tours has become a routine for them. | “I regularly got on my exercise bike … and cycled for about half an hour with interruptions.” [HB1: 28-28] |
| Category                                           | Description                                                                 | Quote                                                                                       |
|----------------------------------------------------|-----------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|
| Increase in outdoor leisure activities             | Indications of participants that they increased frequency and duration of walks or were doing more gardening. | “And just go for a walk a lot. That's my … we've really been walking, since Corona is now, now the 2nd lockdown, three, four kilometers every day.” [EL1: 46-46] |
| Increase in moderate outdoor exercise              | Indications of participants that they increased frequency and duration of moderate outdoor exercise (walking, hiking, biking). | “But, as I said first, we also cycled a lot. And there was always something. We hiked there, hiked there ...” [EL3: 104-104] |
| Introduction/increase of moderate to vigorous outdoor exercise | Indications of participants that they increased or entered into moderate to vigorous outdoor exercises. | “My sport now is chopping wood. The meter pieces are really heavy anyway.” [EL2: 34-34] |
| Replacement indoor exercise by moderate outdoor exercise | Indications of participants that they replaced moderate to vigorous indoor exercise by moderate outdoor exercise (walking, hiking, biking) | “… as we have already discussed, the omission of the indoor activities, we have then compensated in part with hikes.” [KS4: 120-120] |
| Replacement indoor exercise by moderate to vigorous exercise | Indications of participants that they replaced moderate to vigorous indoor exercise by moderate to vigorous outdoor exercise (work with a personal trainer outdoors, swimming in the lake) | “As then in summer, I just went swimming then … let's say we swam a lot or went swimming more … in [the] lake, yes. [JC3: 62-64] |
| Resuming physical exercise due to release of measures | Experiences by participants when resuming indoor exercising after measures have been released. | “Yes, we were lucky that the golf course was only closed for a few weeks. It was … usable under certain conditions during the first lockdown.” [KS4: 96-96] |
| Influencing factors                      | External factors influencing physical activity patterns mentioned by participants                                                                                                                                                                                                                                                                                        |
|-----------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Physical Impairment                     | Indications by study participants that they felt limited in their physical activity due to the burden of disease or other injuries or co-morbidities.                                                                                                                                                                                                                      |
|                                         | “I go out less since I had the elbow fall. Doesn't really have anything to do with Corona, but I have the fear in my head of falling. As a result, I go out less on my own.” [JC1: 68-68]                                                                                                                                                                                                 |
| Time of the year                        | Indications by study participants that daylight, weather, or temperatures influenced their physical activity patterns.                                                                                                                                                                                                                                                     |
|                                         | “But you just had the … spring, had the advantage, they went to the parks, they went for a walk. But now almost no one goes out. What do you want to do? Everything is gloomy. And the weather, if you look at it.” [EL2: 13-13]                                                                                                                                 |
| Availability of time                    | Indications by study participants that availability of time influenced their physical activity patterns.                                                                                                                                                                                                                                                          |
|                                         | “In any case, that has intensified, because now that I'm in home office, it's easier for me to find time. Now from the sports point of view.” [EL9: 47-47]                                                                                                                                                                                                                       |
| Partner, friends                        | Indications by study participants that their partner or friends influenced their physical activity patterns.                                                                                                                                                                                                                                                        |
|                                         | “My wife anyway, she is constantly on the move. She must do that because of her spine. And I move around, too.” [EL6: 109-109]                                                                                                                                                                                                                                      |
| Availability of garden/proximity to green natural areas | Indications by study participants that the availability of a garden or the proximity to green natural areas influenced their physical activity patterns.                                                                                                                                                               |
|                                         | “… and besides I still have my garden in Lower Austria which also occupies me and distracts me and there actually everything does not matter.” [KS4: 44-44]                                                                                                                                                      |