

THE AUSTRALIAN LOCKDOWN DIET REPORT

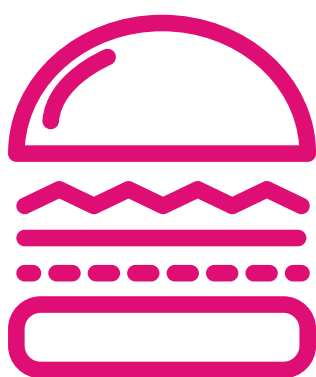


SELF - ISOLATION WEIGHT GAIN

Just one month into lockdown and new research reveals that a third (**30%**) of Aussies have already put weight on since self-isolation began

INCREASED SCREEN TIME

Screen time has seen a staggering increase of **60%**, while half (**46%**) of us are watching more TV

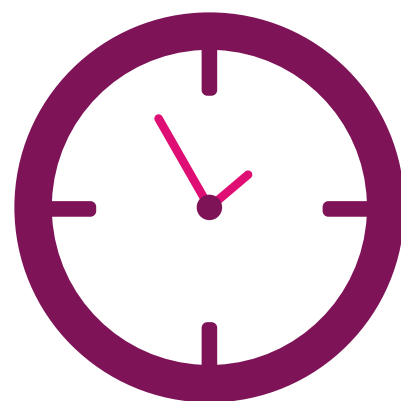


UNHEALTHY HABITS

Stressed out Aussies are consuming more junk food (**34%**) and alcohol (**18%**). Nearly half (**44%**) find they are snacking throughout the day

ROUTINES ARE OUT

Self-isolation has changed the routines of two in three (**67%**) Aussies, with a third (**28%**) slipping up in their diets



MILLENNIALS ARE STRUGGLING

Over half (**56%**) are consuming more junk food and watching more TV (**59%**). Worryingly, a third (**30%**) confess to having zero motivation to get out of bed and be active



HARD TO CONTROL TEMPTATION

Over two-thirds (**37%**) of Aussies are finding it hard to control food temptations at home, this increases to **41%** for those with kids



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