



Americans Have Gained Up To 16 Pounds While Quarantining

Americans have lost all hope of getting a summer body this year due to the COVID-19 pandemic, according to new research.

The survey of 2,000 Americans found that 63% are now focusing their efforts on achieving a post-quarantine body.

Conducted by OnePoll on behalf of [Nutrisystem](#), the survey found that these long days in lockdown may have been a wake-up call for respondents, as 64% said they've felt an increased desire to eat healthier.

And 63% of those polled said they've now placed more of a priority on improving their diet.

As the days start to blur together during lockdown, 75% of respondents were in agreement that they're starting to feel like they're living the same day over and over again.

And as each day starts to feel like the last, 46% of those polled shared they've only been wearing sweatpants or yoga pants during quarantine – and a further 28% can't even remember the last time they wore pants.

Seventy-four percent of respondents were also in agreement that when their daily routines are thrown off,

it's a source of stress and anxiety for them.

Inconsistent daily routines aren't the only thing causing respondents stress, however; 76% of those surveyed have experienced increased stress because they're snacking more.

 In fact, four in 10 respondents shared their eating schedules have become increasingly inconsistent and another six in 10 shared their diets were derailed upon entering self-isolation.

Seventy-six percent of respondents shared they've gained up to 16lbs during their time in self isolation.

These poor eating habits might be all connected to boredom while stuck inside, as 69% of those polled said they tend to start snacking because they have nothing else to do.

With sixty-five percent of respondents sharing they've been primarily eating comfort foods while sheltering in place, it's no wonder a further 33% of those surveyed said their top struggle during lockdown has been eating healthy.

"So many people think that eating healthier means giving up your favorite comfort foods, and that is completely untrue," says Courtney McCormick, corporate dietitian at Nutrisystem. "That's why programs like Nutrisystem exist, so you can achieve your weight loss goals without sacrificing favorites like burgers or mac and cheese. It's also key to have healthy snacks like fruit and veggies on hand for when a snack craving strikes."

Forty-two percent of respondents said one of their top struggles during lockdown is maintaining a consistent eating schedule.

Aside from the common struggles of inconsistent sleep schedules and a lack of physical activity, 41% of respondents also shared they've been struggling to maintain a positive attitude during their time in quarantine.

It's no surprise then, that the top priority for respondents was improving their outlook on life by focusing on the positive in their lives.

"Maintaining a positive mindset is so important when you're trying to live a healthier lifestyle," says McCormick. "That means making positive thinking and mindfulness a habit as you work towards your goals."

TOP PRIORITIES DURING SELF-ISOLATION

Focusing on the positive parts of their life	49%
Eating healthier	45%
Being more physically active	45%
Improving their mental health	44%
Losing weight	33%
Being more productive while working from home	27%

TOP STRUGGLES OF SELF-ISOLATION

Maintaining a consistent sleep schedule	44%
Staying physically active	42%
Maintaining a consistent eating schedule	42%
Maintaining a positive attitude	41%
Staying motivated while working from home	34%
Eating healthy	33%