

**Eligible criteria:**

- Over 20 years of age
- At least one SARS-CoV-2 test by medical or KDCA referral (excluding self-referral)
- At least one national general health examination (2018-2019)
- In South Korea

**Eligible**

**Korean nationwide cohort A and B**

**January 1, 2018**

**January 1, 2020**

**July 30, 2020**

**Cohort entry**

Enter cohort at date of SARS-CoV-2 test

- Insufficient aerobic and muscle strengthening
- Muscle strengthening only
- Aerobic only
- Aerobic and muscle strengthening

**Primary outcome**

- Test positive
- Severe COVID-19 illness
- COVID-19-related death

**Subgroup outcome**

- Length of hospital stay