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

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