

## Face Mask and Exercise 1

**Supplemental Material**

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*Question 1: Tell us about your experience wearing the face covering during the test*

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“Challenging; felt that I could go longer without it”

“Felt hard to breathe, felt like I couldn't get a deep breath”

“Wasn't that bad; once start going faster you start puffing harder. I could still breathe.”

“Mask was snug; wasn't able to breathe as well; [experienced] shortness of breath.”

“Harder to breathe compared to no face covering”

“Harder than last time; I fatigued quicker; no effect during walk stage; affected me during jog.”

“It felt like I couldn't breathe; [I] had anxiety.”

“Had to breathe deeper to get the same amount of air.”

“Definitely much more difficult than normal.”

“Felt more tiring; breathed through mouth more; threw off normal breathing.”

“Difficult; wanted to remove mask soon into the test.”

“Felt suffocating, especially at higher levels of exertion.”

“Mask was constricting; couldn't inhale enough; had to adjust breathing patterns.”

“Significantly harder to breathe as test went on, mask got hot, thought more about breath. Didn't feel short of breath.”

“Constricted breathing, noticed in the first few minutes.”

“Surprisingly went from okay to being tired really quick - sudden increase in intensity.”

“Harder than expected, harder to breathe.”

“Felt like there was less oxygen to breathe in as breathing got deeper.”

“I was having to breathe more with my mouth instead of my nose.”

“At first it went well, at end it got difficult.”

“Hard to take a deep breath.”

“It made it a little harder to breathe; felt like I was breathing mask in; in practice, I can pull mask down if I need.”

“[I] had to breathe through mouth instead of nose.”

“[I] feel like I was taking deeper harder breaths to where the face covering was in my mouth.”

“Every inhale blocked nose and mouth.”

“Felt suffocating, hard to breathe.”

“Felt the need to breathe deeper; felt like I was having an anxiety attack; felt like I wasn't getting air through the face covering.”

“The face covering made me feel like I wasn't getting enough air; the humidity of my breath made me feel like I was drowning; the shortness of breath made me stop.”

“I couldn't catch my breath with it [the cloth face mask] on.”

“Running was harder than normal; breathing got harder as speed/incline increased.”

“I feel like I couldn't breathe as well compared to not wearing it; felt a "mental block" because I couldn't forget I was wearing it.”

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*Question 2: Describe the main differences to completing the test with the face covering versus without.*

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## Face Mask and Exercise 2

“With [cloth face] mask [I] felt dizzy and as if not getting enough oxygen; felt restrictive with mask.”

“Felt more claustrophobic [with cloth face mask]; felt more fatigue with face covering than without.”

“Main difference is I didn't feel as restricted without it [cloth face mask].”

“[I'm] able to breathe a lot more and easier without [cloth] face mask; able to run longer without [cloth] face mask.”

“Wearing the [cloth] face mask felt tighter; couldn't breathe through nose or mouth; figured out how to breathe with face mask as test went on.”

“Breathing; nose got stopped up; breathe heavier; makes my face hotter.”

“Harder to breathe with [cloth] face mask; had to think more about breathing with face covering.”

“Had to breathe deeper with the [cloth] face covering than without.”

“Harder to breathe with [cloth] face covering; more resistance with the face covering.”

“With the face covering it was harder to breathe. [I] stopped test 1 (cloth mask) because of breathing, stopped test 2 (unmasked) due to muscle fatigue.”

“Felt harder to breathe and get air with [cloth] face mask compared to without.”

“Felt harder to breathe with [cloth] face mask than without; felt like mask was going inside mouth; restricted inhalation/exhalation with mask compared to without.”

“[I was] having to take longer, deeper breaths earlier in test [with cloth mask].”

“[It] felt harder to breathe with [cloth] face mask than without.”

“First time [with cloth face mask my] body was ready to call it-this time it was my lungs; body feels fine but my lungs hurt.”

“Harder to breathe with the [cloth face] mask.”

“Harder to breathe with the [cloth] face mask.”

“I was able to breathe more without the [cloth] face mask.”

“[I] wasn't able to breathe enough oxygen in with the [cloth face] mask; discomfort with mask.”

“[I] had to take longer breaths with the [cloth] face mask compared to without.”

“[I] had shorter, more shallow breaths with the [cloth] face mask.”

“[It was] harder to breathe with [cloth] face mask; had to breathe deeper.”

“[I was] thinking about the [cloth] mask moving, focusing on my breathing, my running a lot more than last week with no mask.”

“[I] could breathe much better without it.”

“[It] felt easier to breathe through nose with no [cloth] face mask; with face mask breathed through mouth.”

“[It was] harder to breathe with [cloth] face mask; had to breathe harder/more deeply with face mask.”

“With [cloth] face mask it was breathing that was limiting factor; without face mask it was muscle fatigue.”

“Not being able to catch my breath with the [cloth] face mask.”

“I feel like my body had to do more work [with cloth face mask].”

“I feel like I couldn't breathe as well; put in more effort without [cloth] face mask.”

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