

Table S4. Percentage of respondents that selected specific responses about physical activity

<i>Do you practice physical/sporting activities?</i>	Never	1-2 days a week	3-4 days a week	Five or more days a week
Physical activity (walking or cycling)	7.7	30.1	30.3	31.8
Physical exercise (gym, swimming pool)	42.7	35.5	18.8	3.0
Sports activity (football, volleyball, tennis)	73.8	16.4	8.4	1.4

Note. National data suggests that 41.5% of the population aged 18-34 play sports continuously. 13.7% practice sports occasionally. 22.3% practice some physical activity. 22.5% do not practice either sport or physical activity. National data are taken from the public database of the national statistical institute (ISTAT, available at <http://dati.istat.it/>) and refer to the general Italian population.