



Figure S3. Variation of daily of daily time spent in light- to vigorous-intensity physical activities according to time of the study and type of intervention

*Note: grey columns, non-exercising women; black columns, exercising women; 1<sup>st</sup> period (i.e., the period not including government restrictions), from 3 February 2020 to 8 March 2020; 2<sup>nd</sup> period (i.e., the first month of government restrictions), from 11 March 2020 to 7 April 2020; 3<sup>rd</sup> period (i.e., the second month of government restrictions), from 8 April 2020 to 3 May 2020; 4<sup>th</sup> period (i.e., the first month of progressive reduction of government restrictions), from 4 May 2020 to 1 June 2020. See Table 3 for data concerning statistical significance.*