

**Table S5.** Types of physical activity done by the sub-sample that overall fall into the intensive physical activity classification (N = 485, 7% of the total sample)

<i>Do you practice physical/sporting activities?</i>	<i>N</i>	<i>%</i>
Physical exercise (gym, swimming pool ...) at least 3-4 times a week	163	33.6
Sports activity (football, volleyball, tennis ...) at least 3-4 times a week	91	18.8
Both physical exercise and sports activity at least 3-4 times a week	231	47.6