

Description		N	Percentage
Country	Latvia	49	36,8%
	Serbia	38	28,6%
	Spain	46	34,6%
Gender	Male	58	43,6%
	Female	74	55,6%
	Non binary	1	0,8%
Age	18-25	58	43,6%
	26-35	30	22,6%
	36-50	35	26,3%
	51-64	7	5,3%
	> 64	3	2,3%
Academic level	Basic	12	9,0%
	High School	28	21,1%
	Postgraduated	4	3,0%
	Secondary	26	19,5%
	University	48	36,1%
	VET	15	11,3%
Employment	Employee	80	60,2%
	Other	8	6,0%
	Retired	1	0,8%
	Self-employed	8	6,0%
	Student	23	17,3%
	Unemployed	13	9,8%
Household	Couple grown children	10	7,5%
	Couple minor children	17	12,8%
	Couple no children	19	14,3%
	Institutional house	3	2,3%
	No answer	1	0,8%
	One-person	23	17,3%
	Other	45	33,8%
	Shared house	7	5,3%
	Single parent	8	6,0%
Financial status	Always	7	5,3%
	Never	50	37,6%
	No answer	1	0,8%
	Often	26	19,5%
	Sometimes	49	36,8%
H/week PA	1-2 hours a week	8	6,0%
	3-4 hours a week	42	31,6%
	5-6 hours a week	38	28,6%
	7 or more	37	27,8%
	Do not exercise	2	1,5%
	Less than 1h	6	4,5%
	Do not exercise	4	3%
Intensity	Low	18	13,5%
	Moderate	69	51,9%
	No answer	1	0,8%
	Vigorous	41	30,8%
Modality	Adventure/risk sports	1	0,8%
	Combat sports	3	2,3%

	Fitness	34	25,6%
	Gym	19	14,3%
	None	2	1,5%
	Other	28	21,1%
	Raquet sports	1	0,8%
	Running, cycling, swimming	31	23,3%
	Team sports and games	14	10,55
<b>Active mobility</b>	Cycling	26	19,5%
	Other	2	1,5%
	Public transport	29	21,8%
	Scooter or similar	4	3,0%
	Walking	34	25,6%

Table S1: Table with the sociodemographic characteristics of the participants in the project.

All videos: <https://zenodo.org/records/10784507>