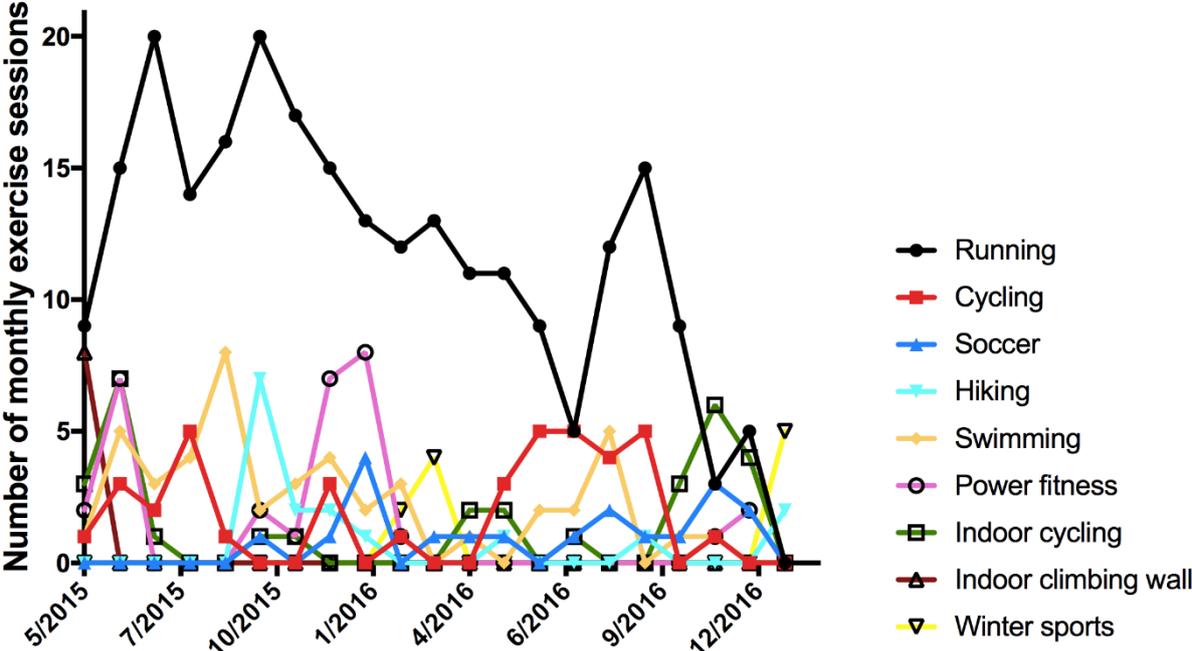


Supplementary Digital Content 1



Supplementary Digital Content 1: Number of monthly exercise sessions spent running, cycling, soccer playing, hiking, swimming, practicing power fitness, indoor cycling, exercising on an indoor climbing wall, practicing winter sports within the exercise program between May 2015 and January 2017.