**Supplementary file 3. Active time (min/day) per each intervention month from the Polar Loop 2 activity tracker data.** Values are expressed as means and 95% CIs based on mixed models.

Participants were treated in five waves starting the 12-month intervention at spring season (44% of the participants), autumn season (25%) and winter season (31%). Overall, 55% of the participants kept the initial daily activity goal throughout the intervention.