

### Subgroup analyses by age, gender, baseline physical activity and weight

Gender		Mean Difference (APPG-CG)	CI 95%	P
Women	METS minute/week in leisure time	130.3	(-38.0 to 298.6)	.129
	Total MVPA minute /week	1.9	(-29.4 to 33.2)	.905
	Score for adherence to Mediterranean Diet	-0.1	(-0.4 to 0.2)	.464
Men	METS minute/week in leisure time	-80.0	(-330.3 to 170.4)	.530
	Total MVPA minute /week	-50.9	(-99.7 to -2.0)	<b>.042</b>
	Score for adherence to Mediterranean Diet	0.1	(-0.3 to 0.5)	.529
<b>Age groups</b>				
< 40 years	METS minute/week in leisure time	1.3	(-271.8 to 274.4)	.993
	Total MVPA minute /week	-20.6	(-73.9 to 32.8)	0.45
	Score for adherence to Mediterranean Diet	-0.2	(-0.6 to 0.3)	0.49
40-60 years	METS minute/week in leisure time	125.8	(-61.9 to 313.5)	0.19
	Total MVPA minute /week	-5.8	(-45.8 to 34.2)	0.78
	Score for adherence to Mediterranean Diet	0.1	(-0.2 to 0.5)	0.46
> 60 years	METS minute/week in leisure time	33.1	(-265.1 to 331.3)	0.83
	Total MVPA minute /week	-33.7	(-83.0 to 15.6)	0.18
	Score for adherence to Mediterranean Diet	-0.1	(-0.6 to 0.3)	0.53
<b>Physical activity</b>				
Sedentary	METS minute/week in leisure time	48.1	(-84.2 to 180.4)	0.48
	Total MVPA minute /week	-9.8	(-39.9 to 20.4)	0.53
	Score for adherence to Mediterranean Diet	0.0	(-0.3 to 0.3)	0.88
Active	METS minute/week in leisure time	61.2	(-301.1 to 423.5)	0.74
	Total MVPA minute /week	-31.8	(-89.0 to 25.5)	0.28
	Score for adherence to Mediterranean Diet	-0.1	(-0.6 to 0.3)	0.62
<b>BMI</b>				
BMI<25	METS minute/week in leisure time	53.5	(-206.6 to 313.6)	0.69
	Total MVPA minute /week	-41.8	(-90.2 to 6.6)	0.09
	Score for adherence to Mediterranean Diet	0.1	(-0.4 to 0.5)	0.81
BMI 25-30	METS minute/week in leisure time	92.2	(-128.8 to 313.1)	0.41
	Total MVPA minute /week	2.9	(-41.0 to 46.8)	0.90
	Score for adherence to Mediterranean Diet	0.0	(-0.4 to 0.3)	0.84
BMI > 30	METS minute/week in leisure time	-14.5	(-262.5 to 233.5)	0.91
	Total MVPA minute /week	-19.7	(-67.8 to 28.3)	0.42
	Score for adherence to Mediterranean Diet	-0.1	(-0.5 to 0.4)	0.81

APPG: Counseling+APP group, CG: Counseling group. BMI: Body mass index. MVPA: Moderate Vigorous/very vigorous physical activity. METS: metabolic equivalents. P: statistically significant differences ( $P < .05$ ). ANCOVA test adjusted by baseline measure comparing changes between intervention and control groups.