

Supplementary Table 1. Results of the logistic regression model built on the achievement of recommended PA levels during lockdown as the outcome.

Independent Variable	Achieving recommended PA level OR (CI95%)
Age	
≤ 21 years	<i>Reference</i>
≥ 22 years	0.78 (0.61–0.98)*
Gender	
Male	<i>Reference</i>
Female	1.30 (1.01–1.65)*
University	
Bari	<i>Reference</i>
Naples	1.97 (1.45–2.67)**
Rome	1.68 (1.09–2.61)*
Parents' educational level	
Not graduated	<i>Reference</i>
Graduated	1.31 (1.03–1.68)*
Previous BMI	
Under/Normal weight	<i>Reference</i>
Overweight/Obese	1.03 (0.78–1.36)
Previous achievement of recommended PA level	
No	<i>Reference</i>
Yes	4.53 (3.59–5.72)**

OR (CI95%): Odds Ratio (95% Confidence Interval); * $p < 0.05$; ** $p < 0.01$.