

Supplementary material 2

Physical activity: Subjects will be instructed to engage in 60 minutes of daily physical activity which will help to burn calories and improve fitness. Activities such as brisk walking, swimming or indoor or outdoor physical activity. Even if they cannot perform them as a single activity, will be advised to carry out as short intensive sessions each lasting 15–20 minutes to obtain a cumulative outcome of 60 minutes per day. They will be encouraged to convert daily activities into such sessions.