Table S1. Summary of variables of the three sets, which are incorporated in the non-linear canonical correlation analyses.

Variables	Variable type	Categories	Category symbols
Distance to natural spaces (set 1)			
Distance to green space (GS)	Ordinal	<300	GS<300
		≥300	GS_>/=300
Distance to blue space (BS)	Ordinal	<500	BS<500
		≥500	BS>/=500
Actigraphy variables (set 2)			
Moderate -vigorous physical activity (MVPA)	Single nominal	MVPA < 150 min/week	MVPA_NR
		MVPA ≥ 150 min/week	MVPA_R
Total sleep time (TST)	Single nominal	TST Non-recommended < 7h	TST_NR
		TST Recommended ≥ 7h	TST_R
Sleep onset latency (SOL)	Single nominal	SOL Non-recommended ≥ 30 min	SL_NR
		SOL Recommended < 30 min	SL_R
Body composition variables (set 3)			
Fat mass (FM)	Single nominal	FM < 32%	FM_L
		FM ≥ 32%	FM_H
Visceral fat area (VFA)	Single nominal	VFA <100 cm²	VFA_L
		VFA ≥ 100 cm²	VFA_H

Table S2. Supplementary data with definitions of green and blue space.

Reference	Definition of green space
(Maas et al.,2006) **(Van den Berg et al., 2010)**	Urban green space, forest, nature conservation areas, and agricultural green space.
Forman [1]	Playing fields, wetlands, nature reserves, tree corridors, and market-gardening areas.
[2]	Urban green, waterside, forest/woodland, wilderness/type habitat, and country-side/farmland.
(Akpinar, 2017)	Urban green space, forest, rangeland, agricultural land, and wetland.
(Dewulf et al. 2016)	Agriculture, grassland, forest, swamp, heath land and coastal dune as well as park, recreation, and sport terrains.
[3]	Five typological categories: Formal (those with an organized layout and structured path network, and generally well maintained), Informal (those with an informal design and less managed feel), Natural (habitats such as heathland or woodland), Young People's (areas designed for use by children or teenagers), and Sports (areas such as playing fields and tennis courts).
[4]	Parks, other open spaces, and agricultural land, excluding domestic gardens.
[5]	Publicly accessible areas with natural vegetation, such as grass, plants, or trees [and may include] built environment features, such as urban parks, as well as less managed areas, including woodland and nature reserves.
[6]	Parks, fields, forests, conservation areas, lakes, rivers, etc.
[7]	Urban green, agricultural green, and forests and natural areas.
[8]	'Parks' (e.g., city parks, children's farm), 'recreational area' (e.g., zoo, playground, picnic places), 'agricultural green' (e.g., grassland, orchard), 'forest & moorland' (e.g., forest, moorland, dunes), and 'blue space' (e.g., lakes, rivers, water in parks, seas).
[9]	Private and public gardens, parks, cemeteries, zoos, road planting and forests.
[10]	Parks (including both undeveloped and developed parks), playgrounds, golf-courses, country clubs, and zoos, and cemeteries.
Reference	**Definition of blue space**
[11] **[12]**	A visible surface water (e.g., lakes, rivers, canals, coastal water).
[13] **[14]**	Outdoor environments – either natural or manmade – that prominently feature water and are accessible to humans either proximally (being in, on or near water) or

Blue Health (https://bluehealth2020.eu/)	distally/virtually (being able to see, hear or otherwise sense water)." Examples are coasts, lake, ponds and pond systems, wadis, artificial buffer basins or water courses".
[15]	All visible, outdoor, natural surface waters with potential for the promotion of human health and wellbeing. This excludes outdoor swimming pools, garden ponds and fountains, however, it can include modified and artificially constructed spaces that still contain natural surface water such as a canals, dammed lakes, or urban streams/rivers.
[16]	Polygon water feature, which included lakes, rivers, tributaries, and large streams. We selected this measure for the analysis because water polygons captured prominent landscape features and waterbodies used for recreation – in contrast with linear water features that included small, less noticeable blue space. We established criteria to increase the likelihood that the water polygons included in the blue space measure were meaningful to the public. For example, we did not include farm ponds or industrial reservoirs.

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