

Table S1. Effect of UTCI change (hot/cold and cold/hot) between consecutive weeks and holidays (Christmas and Easter periods) on lipid parameters (LP).

|            | hot/cold                       |                                 |                                |                                |                                |                                |                                | cold/hot                       |                               |                                      |                               |                                |                                |                                      | before/after<br>holidays |
|------------|--------------------------------|---------------------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|-------------------------------|--------------------------------------|-------------------------------|--------------------------------|--------------------------------|--------------------------------------|--------------------------|
| period     | 10-16.09.2016<br>17-23.09.2016 | 27.09-3.10.2016<br>4-10.10.2016 | 30.03-.04.2017<br>6-12.04.2017 | 17-23.10.2017<br>24-30.10.2017 | 14-20.06.2018<br>21-27.06.2018 | 17-23.09.2018<br>24-30.09.2018 | 15-21.10.2018<br>22-28.10.2018 | 15-21.06.2016<br>22-28.06.2016 | 8-14.02.2017<br>15-21.02.2017 | 19-25.03.2017<br>26.03-<br>1.04.2017 | 6-12.05.2017<br>13-19.05.2017 | 28.03-.04.2018<br>4-10.04.2018 | 27.06-.07.2018<br>4-10.07.2018 | 23-29.10.2018<br>30.10-<br>5.11.2018 |                          |
| both sexes |                                |                                 |                                |                                |                                |                                |                                |                                |                               |                                      |                               |                                |                                |                                      |                          |
| TC         | i                              | i                               | ns                             | ns                             | i                              | ns                             | ns                             | ns                             | ns                            | ns                                   | ns                            | ns                             | ns                             | ns                                   | i                        |
| TG         | ns                             | ns                              | ns                             | ns                             | ns                             | ns                             | ns                             | ns                             | ns                            | ns                                   | d                             | ns                             | ns                             | ns                                   | ns                       |
| HDL        | ns                             | ns                              | ns                             | ns                             | ns                             | ns                             | ns                             | ns                             | ns                            | ns                                   | ns                            | ns                             | ns                             | ns                                   | i                        |
| males      |                                |                                 |                                |                                |                                |                                |                                |                                |                               |                                      |                               |                                |                                |                                      |                          |
| TC         | ns                             | i                               | ns                             | ns                             | ns                             | ns                             | ns                             | ns                             | ns                            | ns                                   | ns                            | ns                             | ns                             | ns                                   | i                        |
| TG         | ns                             | ns                              | ns                             | ns                             | ns                             | ns                             | ns                             | ns                             | ns                            | ns                                   | ns                            | ns                             | ns                             | ns                                   | ns                       |
| HDL        | ns                             | ns                              | ns                             | ns                             | ns                             | ns                             | ns                             | ns                             | ns                            | ns                                   | ns                            | ns                             | ns                             | ns                                   | i                        |
| females    |                                |                                 |                                |                                |                                |                                |                                |                                |                               |                                      |                               |                                |                                |                                      |                          |
| TC         | i                              | ns                              | ns                             | ns                             | i                              | ns                             | ns                             | ns                             | ns                            | ns                                   | ns                            | ns                             | ns                             | ns                                   | ns                       |
| TG         | ns                             | ns                              | ns                             | ns                             | ns                             | ns                             | ns                             | ns                             | ns                            | ns                                   | ns                            | ns                             | ns                             | ns                                   | i                        |
| HDL        | ns                             | ns                              | ns                             | ns                             | ns                             | ns                             | ns                             | ns                             | ns                            | ns                                   | ns                            | ns                             | ns                             | ns                                   | ns                       |

i-increase, d-decrease, n.s. – not significant  $p < 0,05$