

Supplementary Table S1. Correlation of 9-item SWB and energy levels with sport practice, physical activity in leisure time and time spent in nature.

	Sport practice	Physical activity in leisure time	Time spent in nature
9-item SWB	0.149***	0.160***	0.225***
Energy levels	0.222***	0.236***	0.243***

Pearson and Spearman correlation analyses were performed to examine the correlations of 9-item SWB and energy levels with sport practice, PA in leisure time, and time spent in nature. Note: *** $p < 0.001$.