

## Supplementary Materials

**Table S1.** PA levels (MET-min/week) and sitting/lying time (h:min/day) by sociodemographic characteristics, region of residence, number of family members, dwelling floor space, private outdoor spaces, residential density, self-reported PA strategies, anthropometric parameters, quality of life, and health perception and use of psychotropic drugs of the study population during quarantine. Data are expressed as the means  $\pm$  SD and percent of respondents engaged in PA or in sitting/lying.

	Vigorous intensity PA	Moderate intensity PA	Walking	Total PA	Sitting/lying
Age					
<b>21–40 years</b>	224.44 $\pm$ 531.97 22.2%	873.89 $\pm$ 996.68 91.7%	227.24 $\pm$ 614.32 44.4%	1325.57 $\pm$ 1460.79 94.4%	7:51 $\pm$ 3:00
41–60 years	124.98 $\pm$ 487.14 11.9%	849.57 $\pm$ 896.38 89.9%	330.40 $\pm$ 564.86 61.0%	1304.95 $\pm$ 1262.09 94.0%	7:20 $\pm$ 3:09
Over 60	74.73 $\pm$ 390.37 7.7%	1016.59 $\pm$ 1052.06 88.5%	357.09 $\pm$ 660.65 62.6%	1448.41 $\pm$ 1403.37 93.4%	6:25 $\pm$ 3:01*
<i>Pearson's corr. coeff.</i>	<i>-0.084*</i>	<i>0.067*</i>	<i>0.045</i>	<i>0.038</i>	<i>-0.150*</i>
Marital status					
<b>Never married</b>	150.42 $\pm$ 593.37 14.8%	634.23 $\pm$ 767.22 89.4%	345.82 $\pm$ 622.55 65.5%	1130.47 $\pm$ 1253.82 95.1%	7:30 $\pm$ 3:20
Widowed	137.14 $\pm$ 551.59 9.5%	1001.90 $\pm$ 1092.45 81.0%	315.81 $\pm$ 709.93 52.4%	1454.86 $\pm$ 1554.58 85.7%	6:24 $\pm$ 2:59
Separated/divorced	118.26 $\pm$ 462.61 12.0%	905.65 $\pm$ 825.16 94.6%	314.03 $\pm$ 449.17 65.2%	1337.95 $\pm$ 1011.06 98.9%	6:51 $\pm$ 2:53
Married	107.98 $\pm$ 427.60 10.5%	949.66 $\pm$ 985.83* 89.0%	331.23 $\pm$ 599.48 58.7%	1388.87 $\pm$ 1351.27 92.8%	7:09 $\pm$ 3:08
<i>Spearman's Rho</i>	<i>-0.046</i>	<i>0.105*</i>	<i>-0.032</i>	<i>1.000</i>	<i>-0.015</i>
Levels of education					
<b><math>\leq 13</math> y</b>	102.96 $\pm$ 519.69 7.7%	951.22 $\pm$ 966.23 90.6%	295.95 $\pm$ 541.72 59.4%	1350.13 $\pm$ 1302.91 93.9%	6:53 $\pm$ 3:06
>13 y	132.54 $\pm$ 411.29 15.2%	825.35 $\pm$ 911.51 88.4%	367.20 $\pm$ 634.27 61.7%	1325.10 $\pm$ 1309.68 93.6%	7:25 $\pm$ 3:09*
Working activity					
<b>Retired or laid off</b>	71.63 $\pm$ 345.63 8.4%	935.16 $\pm$ 970.80 87.0%	402.52 $\pm$ 720.61 60.9%	1409.31 $\pm$ 1376.70 92.6%	6:09 $\pm$ 2:53
Remote working	143.98 $\pm$ 454.40 14.5%	788.12 $\pm$ 836.46 91.2%	293.52 $\pm$ 512.56 60.5%	1225.62 $\pm$ 1179.74 94.9%	8:02 $\pm$ 3:04*
Normal working	47.78 $\pm$ 163.57 9.7%	668.89 $\pm$ 753.60 86.1%	355.33 $\pm$ 637.08 56.9%	1071.99 $\pm$ 1158.19 91.7%	7:00 $\pm$ 3:10
Other	157.75 $\pm$ 705.54 9.2%	1178.17 $\pm$ 1140.82* 90.8%	305.69 $\pm$ 518.74 62.0%	1641.61 $\pm$ 1497.78 93.7%	6:35 $\pm$ 3:06
<i>Spearman's Rho</i>	<i>0.014</i>	<i>0.047</i>	<i>-0.012</i>	<i>0.028</i>	<i>0.070</i>

Region of residence					
<b>Northern Italy</b>	121.25 ± 500.51 11.1%	853.68 ± 900.50 89.2%	327.28 ± 583.58 60.1%	1302.21 ± 1284.89 93.4%	7:10 ± 3:09
Central Italy	144.06 ± 423.33 15.6%	910.78 ± 968.64 90.6%	300.70 ± 483.67 65.6%	1355.54 ± 1304.86 96.1%	7:02 ± 3:07
Southern Italy	47.27 ± 232.94 6.5%	1112.21 ± 1149.70* 89.6%	413.64 ± 774.91 55.8%	1573.12 ± 1445.60 92.2%	7:17 ± 3:06
<i>Spearman's Rho</i>	<i>0.004</i>	<i>0.059</i>	<i>0.006</i>	<i>0.056</i>	<i>0.000</i>
Number of family members					
<b>1 member</b>	106.61 ± 496.34 9.8%	742.50 ± 827.53 91.1%	1067.92 ± 867.98 66.1%	2363.72 ± 1811.20 95.1%	7:18 ± 3:09
2 members	132.42 ± 517.04 12.1%	929.11 ± 976.50 87.9%	918.29 ± 860.74 54.4%	2196.68 ± 1683.66 92.7%	7:11 ± 3:12
3 or more members	113.92 ± 404.33 12.0%	961.81 ± 979.36* 89.6%	867.77 ± 798.40 61.5%	2116.50 ± 1615.83 93.5%	7:01 ± 3:05
<i>Spearman's Rho</i>	<i>0.025</i>	<i>0.090*</i>	<i>-0.013</i>	<i>0.054</i>	<i>-0.036</i>
Dwelling floor space					
<b>≤ 50 m<sup>2</sup></b>	180.44 ± 898.43 8.9%	529.33 ± 511.28 91.1%	1157.64 ± 947.99 62.2%	2521.64 ± 2151.55 93.3%	8:00 ± 3:24
50 ≤ 90 m <sup>2</sup>	109.28 ± 434.16 10.5%	813.14 ± 859.79 88.9%	952.44 ± 842.22 61.4%	2235.77 ± 1724.21 92.5%	7:21 ± 3:06
> 90 m <sup>2</sup>	117.12 ± 426.95 12.3%	979.77 ± 1015.50* 89.8%	910.58 ± 828.24 59.8%	2164.25 ± 1621.54 94.7%	6:56 ± 3:07*
<i>Spearman's Rho</i>	<i>0.033</i>	<i>0.113*</i>	<i>0.003</i>	<i>0.096*</i>	<i>-0.087*</i>
Private outdoor spaces					
<b>None</b>	174.17 ± 590.22 12.5%	647.92 ± 861.53 89.6%	772.13 ± 783.31 64.6%	1706.71 ± 1315.88 93.8%	7:55 ± 3:29
Balcony	109.36 ± 467.57 10.6%	828.78 ± 872.33 88.7%	1006.13 ± 887.24 59.2%	2236.60 ± 1774.89 93.1%	7:20 ± 3:04
Garden	121.42 ± 448.27 12.4%	1025.04 ± 1039.33* 90.8%	866.17 ± 765.79 62.1%	2261.07 ± 1613.65 94.7%	6:44 ± 3:10*
<i>Spearman's Rho</i>	<i>0.018</i>	<i>0.127*</i>	<i>0.064</i>	<i>0.132*</i>	<i>-0.117*</i>
Residential density					
<b>Cities</b>	103.91 ± 413.67 9.7%	811.47 ± 914.83 90.1%	907.52 ± 794.06 60.9%	2083.23 ± 1616.63 94.1%	7:23 ± 3:13
Suburbs	124.60 ± 456.08 12.3%	931.49 ± 921.69 91.1%	1047.10 ± 916.37 58.7%	2429.91 ± 1821.68 95.3%	7:05 ± 2:57
Countryside	138.03 ± 585.28 13.9%	996.30 ± 1010.78 86.1%	870.03 ± 827.34* 62.4%	2197.54 ± 1666.64* 90.8%	6:44 ± 3:12*
<i>Spearman's Rho</i>	<i>0.052</i>	<i>0.103*</i>	<i>0.044</i>	<i>0.107*</i>	<i>-0.080*</i>
PA strategies					
<b>None</b>	117.07 ± 477.43 12.1%	894.38 ± 937.91 90.5%	337.87 ± 614.19 61.2%	1349.31 ± 1293.56 94.3%	7:10 ± 3:05
Some	118.84 ± 453.36 10.1%	877.83 ± 947.91 87.7%	319.68 ± 544.86 59.4%	1316.35 ± 1329.19 92.8%	7:07 ± 3:14

Waist circumference					
Normal	156.70 ± 527.23 14.8%	837.95 ± 893.14 90.6%	369.84 ± 632.04 62.6%	1364.50 ± 1323.23 95.1%	7:05 ± 3:07
Abdominal obesity	64.94 ± 369.81 6.9%	956.93 ± 999.14* 88.1%	279.50 ± 525.19 57.9%	1301.37 ± 1282.24 91.9%	7:14 ± 3:11
<i>Pearson's corr. coeff.</i>	-0.001	-0.066	0.380	-0.045	0.004
BMI					
Underweight	65.66 ± 219.24 11.3%	878.11 ± 816.27 94.3%	409.14 ± 718.55 58.5%	1352.92 ± 1234.69 96.2%	6:41 ± 3:13
<b>Normal weight</b>	149.02 ± 534.56 13.6%	854.89 ± 920.43 90.3%	354.61 ± 600.44 64.0%	1358.51 ± 1334.14 94.5%	7:09 ± 3:09
Overweight and obese	48.80 ± 289.73* 5.5%	980.10 ± 1020.15 86.0%	249.69 ± 516.25 52.0%	1278.59 ± 1250.44 91.0%	7:18 ± 3:05
<i>Pearson's corr. coeff.</i>	-0.068	0.045	-0.092*	-0.033	0.028
Lymphedema					
<b>No</b>	116.26 ± 462.23 11.7%	894.01 ± 947.50 89.8%	338.00 ± 599.08 61.2%	1348.28 ± 1299.62 93.8%	7:11 ± 3:11
Yes	129.30 ± 521.49 9.3%	844.19 ± 889.60 87.2%	278.40 ± 514.21 55.8%	1251.88 ± 1356.91 93.0%	6:50 ± 2:47
Quality of life					
Very poor	0.00 ± 0.00 7.4%	402.00 ± 496.52 74.1%	153.45 ± 328.06* 51.9%	555.45 ± 524.09 77.8%	9:32 ± 3:15*
Poor	116.36 ± 505.44 7.5%	796.82 ± 1018.25 86.3%	217.18 ± 367.87* 50.7%	1130.36 ± 1184.55 91.1%	7:21 ± 3:08*
Neither poor nor good	71.60 ± 343.87 9.5%	935.29 ± 925.60 89.9%	335.19 ± 632.01* 58.5%	1342.08 ± 1252.79 94.4%	6:54 ± 3:04
Good	134.25 ± 521.40 14.9%	870.97 ± 935.63 92.4%	341.13 ± 584.81 66.5%	1346.36 ± 1352.76 95.6%	7:10 ± 3:06
<b>Very good</b>	194.71 ± 504.49 22.2%	964.41 ± 1016.31 88.9%	358.43 ± 619.90 85.2%	1517.55 ± 1314.58 96.3%	7:30 ± 3:29
<i>Spearman's Rho</i>	0.111*	0.067	0.191*	0.146*	-0.093*
Health perception					
Very poor	0.00 ± 0.00* 0.00%	332.50 ± 414.72 50.0%	173.88 ± 307.02 50.0%	506.38 ± 702.54 50.0%	10:45 ± 2:36*
Poor	120.00 ± 692.59 6.2%	842.65 ± 1033.74 81.4%	246.49 ± 511.67 46.9%	1209.14 ± 1461.38 88.5%	7:19 ± 2:59
Neither poor nor good	66.67 ± 285.89 7.7%	928.13 ± 976.38 88.6%	311.41 ± 587.97 60.8%	1306.21 ± 1247.26 93.4%	7:04 ± 3:08
Good	148.97 ± 494.59 14.7%	898.01 ± 917.71 93.5%	361.81 ± 615.41 63.0%	1408.79 ± 1324.87 96.2%	7:07 ± 3:09
<b>Very good</b>	203.48 ± 489.52 23.9%	792.61 ± 672.79 91.3%	461.30 ± 611.49 76.1%	1457.39 ± 1123.08 97.8%	6:47 ± 3:16
<i>Spearman's Rho</i>	0.146*	0.068	0.130*	0.121*	-0.044
Psychotropic drugs					
<b>No</b>	127.35 ± 488.96	876.48 ± 916.74	335.90 ± 600.02	1339.73 ± 1289.99	7:09 ± 3:08

	12.1%	89.9%	60.2%	93.9%	
Yes	68.44 ± 345.45 7.8%	950.00 ± 1057.29 87.5%	308.70 ± 539.80 62.5%	1327.14 ± 1387.23 93.0%	7:11 ± 3:11

\* Student *t*-test or ANOVA (Dunnet *post-hoc*); *p* <0.05. Control groups are in bold.

Notes: PA = Physical Activity.